Men's room
fly on the wall
Pages 14–15

Gore and Gordie Howe
in the wax museum
Page 20


# MARTLET

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Thursday, February 16, 2006 | The University of Victoria's Independent Newspaper | www.martlet.ca | Volume 58, Issue 22


## After 150 years, Darwin controversy still evolving

Page 3

WESLEY SCOTT PHOTO

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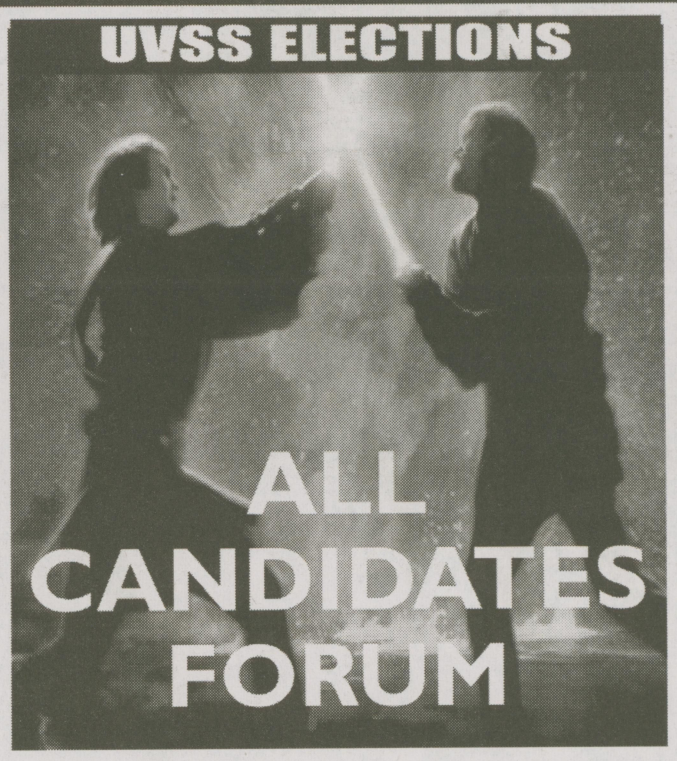


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# Celebrating Darwin's 197th birthday

## Students and prof mark 'Darwin Day' with events on campus and downtown

by Kate Webb

Carols, a decorated tree and a nativity scene marked Victoria's first organized "Darwin Day" event. A group of UVic philosophy students celebrated evolutionary theory Feb. 10 at UVic and Feb. 12—Darwin's 197th birthday—in Bastion Square.

"Darwin, not only was he a very important scientist, but his ideas and his discoveries changed the way we understand life and the universe," explained Justin Kalef, a UVic professor who has taught and has a keen interest in the philosophy of religion. "The implications [of Darwin's theory] are profound to both scientists and philosophers."

It's been nearly 150 years since the presses started churning out copies of Charles Darwin's *The Origin of Species,* and the flames of controversy it sparked are still burning strong.

There has been a resurgence of debate in the U.S. over the past 20 years between young-earth creationists, who believe in literal interpretations of the Bible that declare humans and the world were created by God 6,000 years ago, and evolutionists, who believe the complex species that exist today are the product of four billion years of natural selection.

Numerous court cases launched by proponents on both sides have left American schools in a quandary over what to tell their students: Should they teach evolution or creationism, or appease a faction of the creationist movement calling on them to "Teach the Controversy"?

That dilemma is the reason the Philosophy Students Union (PSU) and Kalef decided to celebrate the birthday of the founding father of modern biology in a big way.

The events centred on a lighthearted satire of Christmas. A "Darwin tree" illustrated the branches of life as outlined by the modern theory of biological history, featuring prokaryotes, eukaryotes and other life forms. Volunteers sold "Darwin cards," featuring messages such as "I naturally select your friendship." Baked goods, including "gingerbread Homo-Neanderthals," "pro-cookie-otes" and "Cambrian explosions" adorned the table. There was even a "nativity scene," which attempted to demonstrate the origin of species from a container full of dirt, with simple plant forms and more complex animals being added throughout the day.

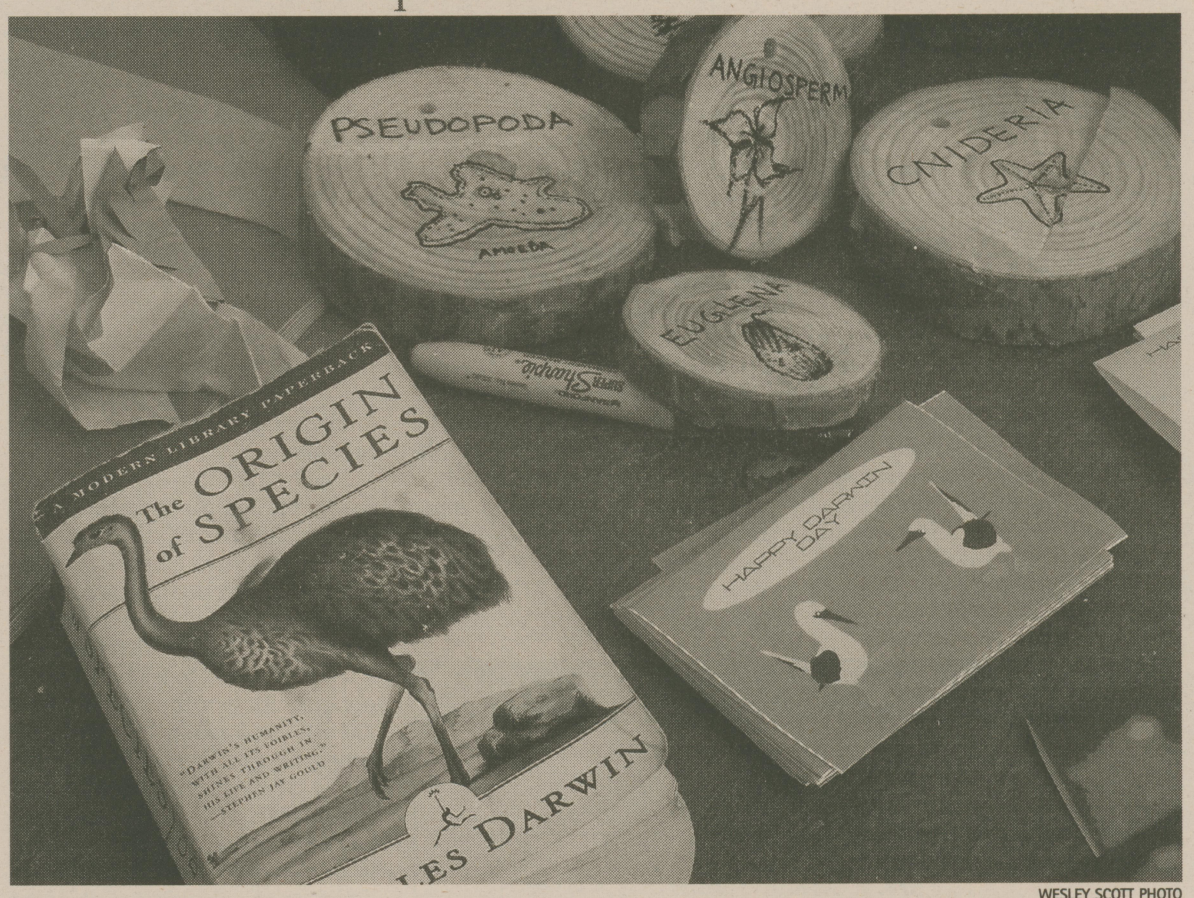
A small but loyal crowd of carollers stepped outside the SUB every half hour to sing "Darwin carols" based on the melodies of seven popular Christmas songs but with lyrics rewritten by Kalef and PSU member Vanessa McCumber.

Dressed in full Darwin costume, Kalef, an ardent atheist who is popular among students, attracted attention from onlookers, and answered questions from passersby on the main tenets and proofs of evolutionary theory. When one student brought up the common claim put forth by modern creationists that certain components of life, like the eye, are too complex to have evolved without an intelligent designer, Kalef was quick to respond.

"The eye can be explained by natural selection," he said. "Scientists have observed that a light-sensitive patch sometimes develops through natural genetic variation, not only in the fossil record, but in living things today."

He explained to the student how light sensitive patches, such as those found on starfish, will develop into more and more complex organs capable of seeing more and more clearly over generations if such developments are favoured by natural selection.

The Darwin Day phenomenon is not unique to UVic. Six years ago, a non-profit organization called the Darwin Day Celebration created a website to promote Darwin Day events around the world, and to spread information about Darwin's life and work. An annual week-long Darwin Festival at Salem College in Massachusetts was founded in 1980, and is still held today.




WESLEY SCOTT PHOTO

**Members of the Philosophy Students Union set up a table in the SUB Feb. 10, selling "Darwin cards" and distributing information about evolution theory in celebration of Darwin's 197th birthday.**

Andy Mulcahy, a director of the Victoria Secular Humanist Association, said he is grateful to Kalef and the PSU for putting on the event. He and a group of about 20 of his fellow humanists joined the UVic group downtown Feb. 12 to sing carols and educate the public about Darwin's contribution to science. For the past three years, the humanists have taken on the task of getting the Mayor's office to declare Feb. 12 "Darwin Day" in the City of Victoria.

"I'm glad they were able to [organize Darwin Day] because it was a good thing for Victoria to see," said Mulcahy. "The carols [Kalef] worked out, that took a lot of creative ability . . . I hope next year he'll try and do that again, and we'll certainly give him more help next time."

All in all, Kalef said Darwin Day lacked some of the controversy he had hoped for, but that he was happy because it turned out to be fun for everyone. Interactions with the crowd surrounding the Darwin Day table Feb. 10 made it obvious he doesn't take himself too seriously.

"Jesus loves you, Justin," said a student, teasing the prof as he passed by.

To which Kalef replied jokingly, "I love him too."

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# Safe in the city

## New group offers Victoria residents somebody to walk with at night

by Micah Luxen

UVic student Daniel Gray is hoping to help make the streets of Victoria safer.

Two weeks ago, he and a friend started a WalkSafe program for downtown Victoria, so that anyone who is uncomfortable walking alone can call a volunteer to accompany them home.

The program is a product of Gray's overall interest in public safety.

"I feel strongly about anti-violence," he said, explaining that a friend of his was violently attacked. "I was walking my friends home all the time from bars and from my house and I realized that there are some people who are afraid to walk alone at night in Victoria, even though I didn't think of Victoria as an unsafe city."

Constable John Price of the Saanich Police agrees that Victoria is a relatively safe place to live.

"Violent crime means everything from domestic assault to aggravated assault and I would say our violent crime in Victoria is relatively small," he said. "In most of our violent crime, the attacker and the victim are known to each other."

Members of UVic's WalkSafe program, which has been in place for well over 20 years, have had similar findings regarding public assault.

"In general, we do not have much stranger-danger here on campus," said Allison Eddy, a personal safety co-ordinator at UVic. "The types of assaults we hear of are more often acquaintance, assault, date rape situations."

But despite the statistics, a recent survey of residents by the City of Victoria found 74 per cent of citizens reported feeling unsafe downtown at night due to the street population and perceived levels of crime.

Gray knows that WalkSafe won't eliminate crime, but believes that more people, especially women, will be likely to go out at night knowing they can call the WalkSafe program.

"I guess the ultimate goal would be to reduce the perceptions of danger and harm, [as] opposed to reducing statistics," he said.

Price reasons that predators usually attack those who are alone, so walking in pairs does deter crime.

"I think [WalkSafe] will reduce opportunities for the kind of criminal who is looking to prey upon young people or women," he said. "Most attacks happen when a person is by themselves walking alone and preoccupied, not paying attention to their surroundings, head down, music playing and oblivious to the world, when it's like the whole world is watching."

Price added that if a criminal avoids a couple, he or she may attack the next person, but the scenario can be likened to other kinds of crime prevention as well.

"If you lock your house, they'll go to the next house, but if everybody locks their door, then crime will go down."

Although UVic and Camosun have similar WalkSafe programs, they are unconnected to Gray's project. The program is completely funded by Gray and another volunteer, Jordan Shaw. The pair are hoping to establish WalkSafe Victoria as a permanent organization that will expand to incorporate uniforms, criminal checks for all volunteers, and volunteers working in teams of two.

Presently, WalkSafe Victoria has eight volunteers, all of them students.

"So far, demand has not been that great, but we're hoping to have a network of people on standby—people who live downtown and are willing to be woken up on a Friday night at one in the morning," said Gray.

The group operates on Friday and Saturday nights from 9 p.m. to 3 a.m. Volunteers will cover the downtown area but have not yet set boundaries on how far they will walk.

*To make use of the WalkSafe service or to volunteer, call 589-0115, or e-mail walksafe@gmail.com*

CHRISTINA DHILLON PHOTO

**Daniel Gray is one of the co-founders of WalkSafe Victoria.**

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# Afghani leader calls for women's rights

## Former deputy prime minister says women were included in, but not listened to, by democratically elected Afghan government

**by Matthew Gauk**

Dr. Sima Simar was fighting the Taliban long before Canadian troops were, waging a war from under the burqa for women's rights and educational opportunities for girls in Afghanistan.

Speaking at UVic Feb. 9 to a packed lecture hall, Simar outlined her past experiences in Afghanistan and the state of the country today. Simar is the former deputy prime minister of Afghanistan, the current chair of the Afghan Independent Human Rights Commission, and creator of the Shuhada Organization, a non-governmental organization that has opened hospitals and schools for Afghan women.

"The problem for Afghan women is a lack of awareness and a lack of education," said Simar. "We need to educate women about their rights so that they can defend those rights."

Afghan women are so economically dependent on their husbands and fathers that they need them to buy a needle if they want to sew a scarf, said Simar. She wants to give them the skills so that they can stand on their own two feet.

Along with this problem is a lack of access to reproductive healthcare and education, which has historically been ignored during times of war and under the Taliban.

"Everyone's got 11 children, so it's difficult to participate economically," said Simar. "Women need the right to choose the number of children they have."

One of the biggest roadblocks to positive change is a lack of security, according to Simar. Fighting still rages in some parts of the country. Without security, there might be schools but no one will go to them, Simar explained.

Before the fall of the Taliban in 2001, Simar was living in exile in Pakistan, working to create orphanages, hospitals and women's centres. After Sept. 11, the rest of the world "remembered Afghanistan."

Simar and another woman were invited into Afghanistan's new government cabinet, though she said no one really listened to either of them. As the Afghan government created a new constitution, Simar and others fought to include the term "men and women" rather than "citizens" as in previous constitutions. They succeeded, and the constitution was ratified in 2004.

Despite that victory, Simar knew the plight of Afghan women was far from over. In some parts of the country, men didn't want their wives or daughters photographed for voter registration. That meant that these women's voices didn't really exist, Simar said.

In the end, though, women did participate in the election. Affirmative action-type programs would have helped boost the numbers since in some areas voter turnout by women amounted to less than 10 per cent, said Simar.

As the constitution gradually reshapes the public's identity in the war-torn state, there are still people in Afghanistan acting above the rule of law. Warlords and Afghanis with dubious records were included in the transitional government, and there are many holdovers that have yet to be removed from power. As a result, the Afghan Independent Human Rights Commission was created with the assistance of the UN in 2002.

"In Afghanistan, just using the words 'human rights' was a crime," said Simar.

Fundamentalists went to mosques and said that anyone who speaks of human rights is encouraging immorality among women. The AIHRC countered this thinking with a human rights awareness campaign through magazines, movies, and cartoons for children.

In a country where forced marriages and honour killings are relatively common, even a woman who knows her rights and goes to the police can end up being treated as the offender and not the victim, said Simar. The AIHRC has worked to create shelters for women escaping forced marriages and family abuse.

The AIHRC monitors human rights violation and does investigations, gives advice, and follows the progress of cases. Simar claimed the organization has closed 25 private jails.

"The police still torture detainees, but they don't do it openly anymore," she said.

In Kandahar in 2005, radicals set some 50 schools on fire.

"They burn them because they understand education will change the mentality of the people," she said.

Simar added that outside military force, such as that currently coming from NATO's International Security Assistance Force and the Americans, is needed because the national army and security forces of Afghanistan are not yet in a position to fight terrorists coming in from outside the country. The lessons of the past still weigh heavily on Afghanis.

"You can leave it behind, I think," said Simar of her experience in Afghanistan, "but you can't forget it."

MATTHEW GAUK PHOTO

**Dr. Sima Simar, right, told a packed house at UVic Feb. 9 about her experiences in Afghanistan.**

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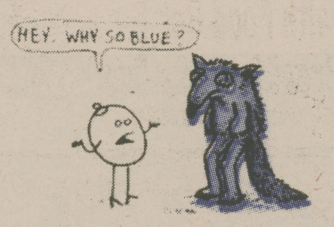


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# Prophet cartoons: the Danish view

**by Alison Northcott,**
***the Eyeopener***

COPENHAGEN DK (CUP) — Just after an argument with a Danish television news reporter, Ahmed Akkari is clearly agitated. He has just walked away from the interview, refusing to answer further questions about the controversy over caricatures of the Prophet Mohammed printed in a Danish newspaper last fall.

Akkari represents 27 Muslim organizations that are angered by the drawings, one of which depicted the prophet with a bomb hidden in his turban.

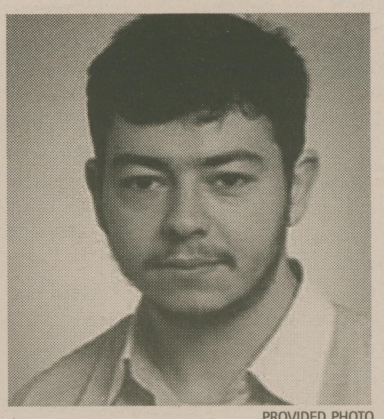
"We have a problem with several media taking only a part of the reality and not the whole picture," Akkari said, referring to the female reporter and her cameraperson who remained within earshot a few feet away at the International Press Centre in downtown Copenhagen.

"Some media in the world are more critical towards what's happening than others. It depends on the journalist, it depends how much information they have about the case and which perspective they are asking you from. All of these things can play a role."

Media responsibility is one issue in the global debate that began when Denmark's largest newspaper, *Jyllands-Posten*, printed 12 drawings that many Muslims throughout the world deemed disrespectful and blasphemous.

In December, after failed attempts to meet with Danish Prime Minister Anders Fogh Rasmussen to discuss his groups' concerns, Akkari took the 12 drawings, along with other drawings that have surfaced, to the Middle East.

His intention was to garner support from Muslims outside of Denmark, where they make up less than five per cent of the population.



PROVIDED PHOTO

**Ahmed Akkari wants an apology from Danish newspaper *Jyllands-Posten*.**

The support has come in the form of protests and demonstrations. Some have escalated and turned violent, leading to the deaths of a dozen protesters in Afghanistan.

Pakistani security guards shot dead two protestors in Lahore on Feb. 8. Hospital officials said 36 others were injured.

Akkari said this is not the kind of action he was calling for.

"We condemn it. Of course we are not happy with the situation," he said.

Last Thursday, European Commission vice-president Franco Frattini denied media reports he wanted to implement a voluntary code of conduct for media outlets to follow when reporting on Islam and other religions.

"It is up to the media themselves to self-regulate or not, and it is up to the media to formulate such a voluntary code of conduct," he said. "Freedom of speech is one of the European Union's pillars, and will remain to be one of its pillars."

Flemming Ytzen is the deputy foreign news editor at *Politiken*, *Jyllands-Posten*'s sister newspaper in Denmark. The papers are owned by the same company, JP/Politken, but are managed by different editorial boards.

As an editor, Ytzen said he supports the notion of free speech, but he thinks Jyllands-Posten has gone too far.

"In my view, the cartoons were a piece of blasphemy. There is no doubt in my mind," Ytzen said. "We profess freedom of the press and freedom of the media. But there is some responsibility to that freedom. Editors are editors because they have to manage that freedom."

Akkari, who agrees with Ytzen that the media have a crucial role in this debate, is still awaiting an apology from *Jyllands-Posten*.

In her office at the International Press Centre in Copenhagen, Lisbet Metcalfe lights another cigarette. She is visibly frazzled and tired from weeks of juggling calls from hundreds of international journalists. She has never witnessed a story of this scope in Denmark.

"It's a very sad story because it just started out as being an international, Danish, small story and it's now a scenery of nightmare, which I've never experienced in my 27 years in the foreign office," she said.

There are normally 135 accredited journalists working out of Copenhagen. In recent weeks, however, media activity in Denmark has been anything but normal. Metcalfe said the number of journalists in Copenhagen has doubled as large-scale media outlets send reporters and stringers to the one-time fairytale city where this controversy was born.

Ytzen calls the controversy "unprecedented."

"This is by far the largest international crisis that Denmark has been involved in since World War II," Ytzen said. "This . . . will impact not only Danish foreign policy and European policy, but international relations as a whole."

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# WUSC hosts Ethical Consumption Day

by Patrick Szpak

LINLEY FAULKNER PHOTO

**A student learns about Fair Trade coffee Feb. 13 in the SUB.**

"Try to get this stinky."

Todd Horn, an employee of Fiber Options, earnestly holds out a 100 per cent hemp-fibre dishcloth and urges his audience to compare hemp's resilience to kitchen odour compared to typical cotton and synthetic dishcloths.

"Wet them, put them in a zip-lock for a day or two and see what happens," he said.

The result, Horn assured his audience, will be a hemp cloth that is odour-free, and a cotton dishcloth that is rank and ready for a wash.

While some of Horn's customers may purchase a hemp dishcloth because of its inherent ability to resist odour caused by bacteria, others are choosing to buy products from Fiber Options and businesses like it because of its advertised ethical content.

"All of our merchandise is made with no sweatshops, no slave labour, no child labour, and environmentally friendly materials like bamboo, recycled plastic, hemp and soy," said Horn.

Fiber Options and over a dozen similar businesses and organizations were at UVic's Ethical Consumption fair on Feb. 13. The event was organized by UVic's chapter of World University Service of Canada (WUSC).

"The main point of the day is to show people that alternatives exist, and to make connections with organizations in town that deal with these issues," said Liz Morrison, a volunteer at WUSC UVic and a member of the day's organizing committee.

Morrison said the heart of consuming ethically is thinking about where a prospective purchase comes from, who made it, and what went into its production.

"We all live in a community and ethical consumption at its core is about creating connections between people. It's about knowing the farmer," she said.

Food consumption offers one good example of why people should think about what they buy in ethical terms, Morrison said.

"Look at your food: Does it come from a local, or from Mexico, where many are grown by debt slaves. Has it traveled 8,000 miles to get to you? How much oil and pesticides does it take? Is that sustainable?" she asked.

Reducing consumption of products made far away is important, but when their purchase is unavoidable—like in the case of coffee, which is only grown in the tropics—the consumer should support growers who are treated ethically by buying advertised Fair Trade coffee, Morrison said.

"Try and make sure the people that made the good earned a living wage, have decent living conditions and sustained income."

Morrison acknowledged that purchasing ethically produced goods can be extremely expensive, but that purchasing pricey organics is not the only way to ethically consume.

"It's more about the little things and questioning your own behavior. It's not about changing your entire lifestyle, it's about reducing consumption in the best way that you can," she said. "Reduce consumption of certain items. Use a reusable mug. Take the bus or walk instead of driving your car five blocks. Advocate. Make a garden in your backyard."

But does ethical consumption make a difference on a global level?

Dr. Michael Webb, a political science professor at UVic who specializes in international political economy and globalization, is a self-described ethical consumer. Webb said ethical consumption does have a limited impact on the world, but is skeptical of the likelihood of its being a long-term solution to poverty and environmental degradation.

"Absolutely, [ethical consumption is] helping people. People are benefiting in the short run. The question is whether it makes any difference on a larger scale," he said.

Ethically produced products have little market share, Webb said.

"It's absolutely tiny," he said, noting that Fair Trade coffee, the most successful ethically produced good, occupies only five per cent of the market.

Webb said that by lobbying businesses here, ethical consumers could be taking the pressure off developing nations to make laws forbidding questionable manufacturing processes.

"Often, local people [in developing countries] are not able to make these changes because their governments are very oppressive," he said.

Ethical consumption has also been criticized at the ideological level, said Webb.

"It reinforces the consumer character of our global system. It gives even more power to consumers and is part of the process of commodifying everything, so that labour rights and human rights become part of a commodity," he said.

However, the professor was also quick to point out where ethical consumption as a movement can be successful by putting pressure on major retailers through existing market systems.

"Then it starts to have a real impact," he said, citing the case of Home Depot, which decided to stop purchasing wood harvested from old-growth forests in 1999 following years of public pressure.

Webb agreed with Morrison's view that consuming ethically is not only for the wealthy, but more for those willing to learn about the products they buy and how they are made.

"The more important issue is, are you willing to put the time and energy into doing this?" he asked.

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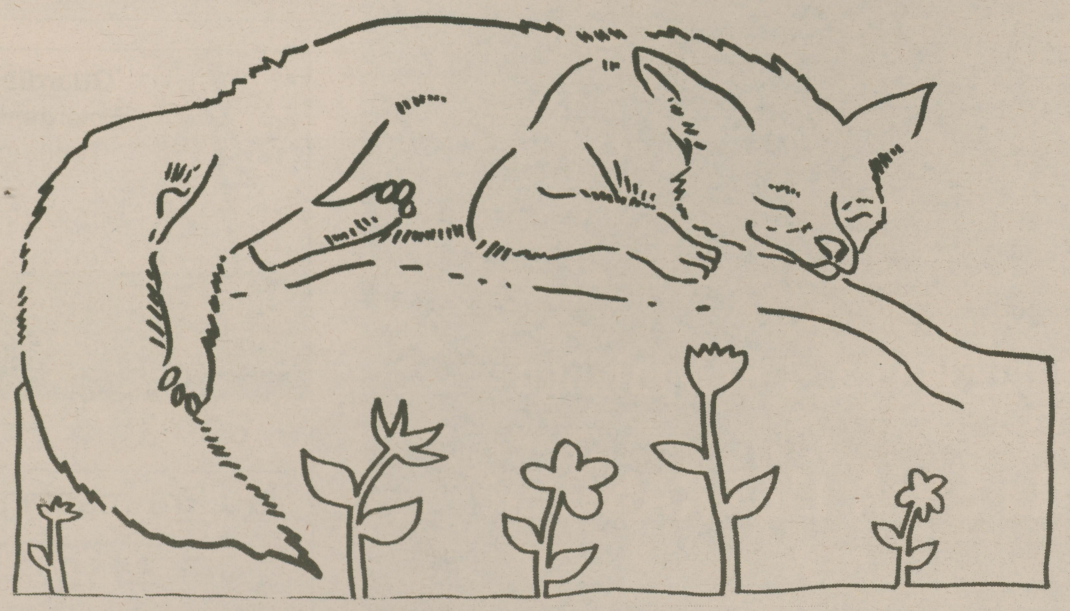

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## Spring is in the air

LINLEY FAULKNER PHOTO

**The cherry blossoms are out–three cheers for Victoria winters!**

# Exploring Christian gender identities

## Church history prof looks at feminist reformation within the Anglican Church

**by Kim Armstrong**

How does one define a woman? This is the question that Wendy Fletcher, a professor of church history at the Vancouver School of Theology and Anglican priest, attempted to answer Feb. 12 in a lecture on what it means to be a woman in the context of the Christian tradition.

"A woman is not a unified or simple thing in the mind of the church," Fletcher said. Rather, the concept of womanhood has been shaped by two opposing images of what it means to be female—the "good woman," a woman who is nonsexual and deeply spiritual, and the "fallen woman," a woman who is sexually active and whose only possibility at redemption is to become a mother.

"That's what we want to attack. How did we get "good woman / fallen woman" as the defining parameters of the meaning of womanhood?" Fletcher asked.

These concepts, created millennia ago, were still influencing the attitudes of the Anglican Church as the 21st century approached. In an anecdote from her days as a theology student in the late 1980s, Fletcher talked about her reaction to the Anglican Church's statement that the only acceptable form of human sexual relationship was between one man and one woman who were married.

"I was just sure that if I just went and talked to the bishop on why this statement was wrong then he would see the error of his ways," she said.

"I went and did that and actually was called 'Evil Eve' in the context of that meeting. Evil Eve, committed to tempting away a good priest of the church."

The dilemma of what to do with the category of women has plagued the Anglican Church since its conception, and, according to Fletcher, the problem was left to them by Jesus.

"We have this person, this individual . . . who's grown up in a [patriarchal] culture . . . who allows [female] engagement with his ideas and engagement with his person. In other words, a fairly radically inclusive model for the gender stereotype of the day," Fletcher said. "He left those who followed after him with a real dilemma, because they were men of their era."

This era was one in which women were considered to be the legal property of men, with neither rights nor identity of their own.

"My theory about religion is that it's almost always responsive—that it is an expression of what already is, and it engages what is, often reacting to it, and is defined by it more than it gives leadership that defines the culture."

Thus, the dichotomy between the conflicting definitions of "woman" were created as church leaders struggled to reconcile the teachings of their prophet with the pressures of their culture, and to somehow fit women into the mentality of the church.

"Of course the feminist [rebuttal] of these two models as the normative in Christianity . . . is really only 40 years old in terms of how we've experienced it in Western society, which is the notion that patriarchy as a social system is . . . not universal but is in fact a construct of history," said Fletcher.

With the triumph of the women's movement in some countries and the monumental gains women's rights activists have made in the last few decades, many people feel that the issue of women's rights is a thing of the past. Fletcher disagrees. She said a recurring trend for women over the past two millennia has been the cyclical gain of rights and freedoms, and then their immediate suppression once they are achieved.

Although the feminist movement represents the most radical and far-reaching break from the traditional mindset, it is perhaps not the final step on the road to equal rights.

"My opinion is that . . . the repression now is not an overt repression but a denial of [the need for reform]. . . . Is there such a thing as progress? I suppose there is. But what I observe is that the desire of the system [is] to retract itself away from its commitment towards the more radically inclusive model in a million ways, and the problem with women like myself [professionals in a position of power] is we become the exception that in a way reinforces the rule—we've got one Wendy so we don't need a whole bunch of Wendys."

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# Victoria to install half-size parking spaces

## Desire to be 'green,' economic concerns influence transportation choices

**by Bryna Hallam**

Victoria is planning to introduce 25 new small-vehicle parking spots in downtown by the end of March in an effort to encourage alternative modes of transportation that lessen impacts on the environment.

The new spaces will accommodate vehicles less than three metres long and will be half the size of regular parking spots. They will also cost 50 per cent less to park in.

"We see the need for the spaces," said Brad Dellebuur, transportation planner for the City of Victoria. "It's also a chance to provide incentive for people to switch to smaller, more fuel-efficient vehicles."

James Goodman, from Three Point Motors, a local Smart car dealer, estimates there are between 340 and 350 of the cars on the roads of Victoria.

Goodman said that in terms of "greenness"—taking into account fuel efficiency and carbon dioxide emissions—the Smart car is similar to hybrids such as the Toyota Prius and Honda Insight.

"We definitely have people coming in looking for a greener vehicle," he said. "Smart cars attract people who are more forward-thinking."

But being green might not be the only reason—or even the biggest reason—behind the shift to smaller vehicles.

Goodman points out that people also like the Smart car because of its novelty. "It's different," he said. "It's fun."

The importance of the fun-factor is echoed by other dealers.

Kerry Wilk, president of Action Motorcycles in Esquimalt, said some of the things that attract people to scooters are their image—"they look cool"—and the fact that they're fun to drive.

As local gas prices hit a high of 118.9 cents per litre in Victoria last fall, interest in more fuel-efficient vehicles increased. Smart cars and scooters use less fuel than other vehicles—the Smart car uses an average of 4.2 litres of diesel per 100 kilometres while scooters can go for weeks on a single five-litre tank of gas.

"At that point we saw quite an influx of people enquiring about scooters," said Wilk. "People are pretty conscious of price, and when gas goes up, they get a whole bunch more conscious. You can run a scooter on $4 for two weeks of fuel."

In addition, scooters and motorcycles are relatively easy to park—motorcycles and scooters can double up and park in the same space as other vehicles—and are relatively cheap since they use less gas and are the least expensive vehicle to insure in B.C.

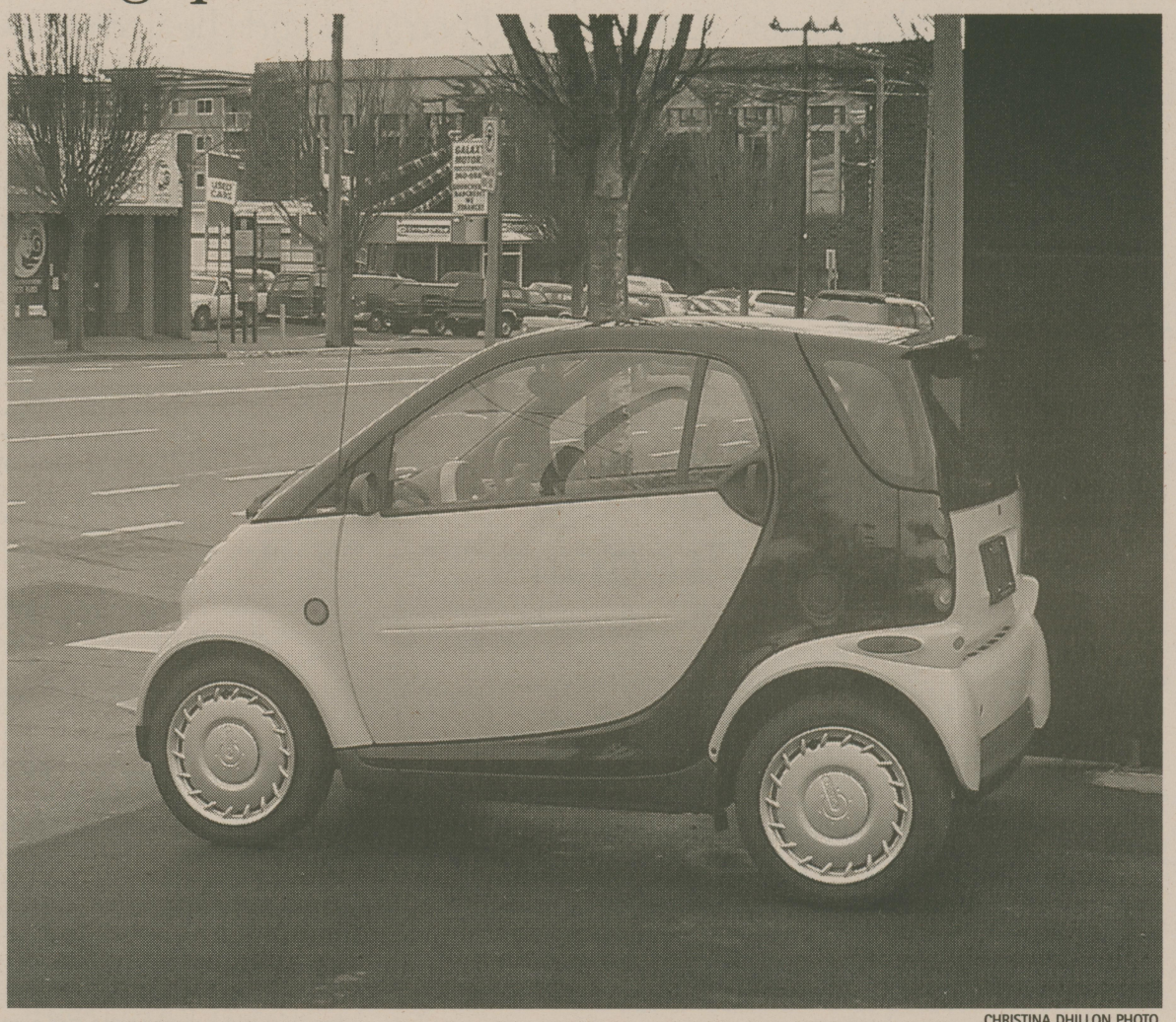
Dr. Robert Gifford, an environmental psychologist at UVic, believes that economics can play a big role in influencing some people's transportation decisions.

For example, he said increased parking fees on campus and plans to reduce parking have the effect of squeezing people out slowly.

"It's a good idea," he said, "because if you suddenly ban cars . . . people will have what is we call in psychology reactance, which means a revolt against it."

Gradual change, on the other hand, "gives people time to adjust to the new realities."

Gifford believes environmental concerns and economic factors both play a role in influencing people's choices. "I think the two are pretty connected," he said.



CHRISTINA DHILLON PHOTO

**There are between 340 and 350 Smart cars on the roads in Victoria, according to one dealership's estimate, and soon the drivers of those cars will be able to park their tiny cars for half-price.**

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# Protesters demand former Liberal David Emerson's resignation

## Residents of Vancouver- Kingsway feel betrayed and cheated

by Eric Szeto, *the Ubyssey*

VANCOUVER (CUP) — A handful of angry protesters holding placards painted with messages including "Emerson is a liar" and "Recall Emerson" staged a sit-in at the office of recently defected Liberal MP David Emerson Feb. 8.

"This is hypocrisy," said Pablo Coffey, a protester in front of the media scrum. "It's brazen hypocrisy and it's very dangerous.

"We're seeing people from all parties and all parts of Canada that are sick and tired of this kind of politics," he added.

The former Liberal MP shocked Canadians Feb. 6 when he announced that he would be crossing the floor to the join the Conservatives, just 10 days after being re-elected as a Liberal in the Vancouver-Kingsway riding.

As part of his agreement to defect to the Conservative party, Emerson will now become the Minister of International Trade and also be responsible for handling the Pacific Gateway project and the Vancouver 2010 Olympics.

While his actions will likely do little to change the political landscape in the House of Commons, it did refresh people's memories of MP Belinda Stronach's Conservative-to-Liberal crossover in April 2004—a move that created a similar uproar.

Bobby Wong, a concerned Vancouver-Kingsway resident who voted Conservative in the recent election, questioned Emerson's integrity.

"He is an ideal opportunist and [that's] the reason why he'd rather serve any government of the day rather than represent the people of his riding," he said.

Dominic Godbout, who married his same-sex partner last June, feels that this move puts him and his husband in a "precarious" situation.

Godbout, who strategically voted Liberal in the last election, has also made calls to Emerson's office demanding his campaign contributions back, but has yet to receive any response.

"It is astounding that after contributing to the Liberal campaign in this riding, being a gay man married in this riding, now suddenly [Emerson has] joined a party which is unwavering [with regard to same-sex marriage]," Godbout said. "This sort of trickery is scandalous. It demoralizes you and you lose your faith in the democratic system."

The Vancouver-Kingsway riding is historically a Liberal and NDP stronghold. In the last election, Emerson received almost a quarter more votes than second-place NDP candidate Ian Waddell, and more than double that of his Conservative counterpart, Kanman Wong.

Emerson was in Ottawa handling cabinet matters and was unavailable for comment.

JAKE WRIGHT (CUP) PHOTO

**Former Liberal MP David Emerson defected to the Conservative Party Feb. 6, less than two weeks after being elected and vowing to be "Harper's worst nightmare."**

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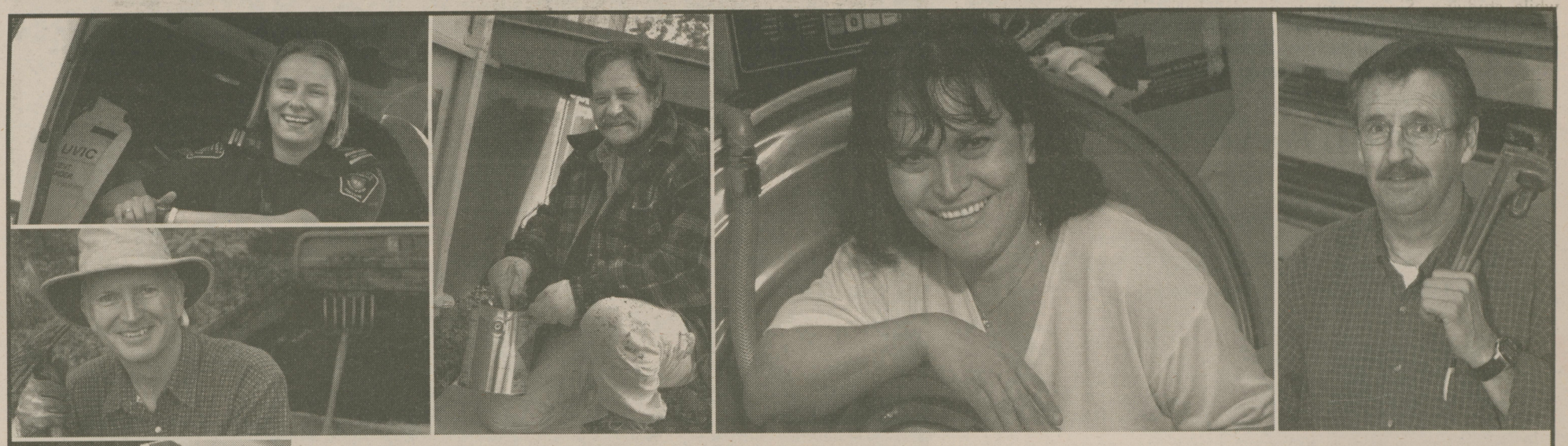

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CUPE On the front line

# How to Zen your way to an A

## Alternative health practitioners share tips on alleviating stress

by Amy Geddes

If popcorn, bowlfuls of M&Ms, Internet checkers at 4 a.m., or Kokanee-spiked Lucky Charms aren't helping to relieve your mid-term stress, you might want to try a different approach.

Your friendly neighbourhood alternative practitioners suggest some healthy ways to relax the body and rejuvenate the mind.

### Aromatherapy

Greek scholars wore rosemary garlands to increase their concentration while studying. Go ahead and try it, but essential oils are much easier to come by.

Daniela Cubelic, co-owner of Silk Road, suggests essential oils for students during the high-stress mid-term exam period. The idea behind aromatherapy is that you breathe deeply with scents that have been selected according to a desired state you wish to achieve.

The top five scholarly scents Cubelic recommends students try are lavender, rosemary, frankincense, jasmine and peppermint. "These will calm the mind and focus it at the same time," she said—exactly the kind of headspace a studying student should aim for.

Silk Road actually did a study to see which scents helped improve student's memories while taking exams. It turns out jasmine was the most helpful scent for girls and peppermint worked best for guys.

According to Cubelic, any scent can be used to your advantage while studying. Since scent is a powerful trigger for memory, you can choose any essential oil you like—but how you use it is the key. Dab your essential oil of choice on a tissue, breathe deeply while you study, and bring it with you to your exam. The familiar scent should help you recall what you've studied.

How else can you use essential oils? There are a number of affordable oil burners out there, as well as the kind that you just dab with scented oils and plug into the wall (great for avoiding burning down residence).

Silk Road carries special blended oils that you can rub into your skin while giving your stressed out buddy a good massage, add to a relaxing bath, or rub on your temples to get into the zone.

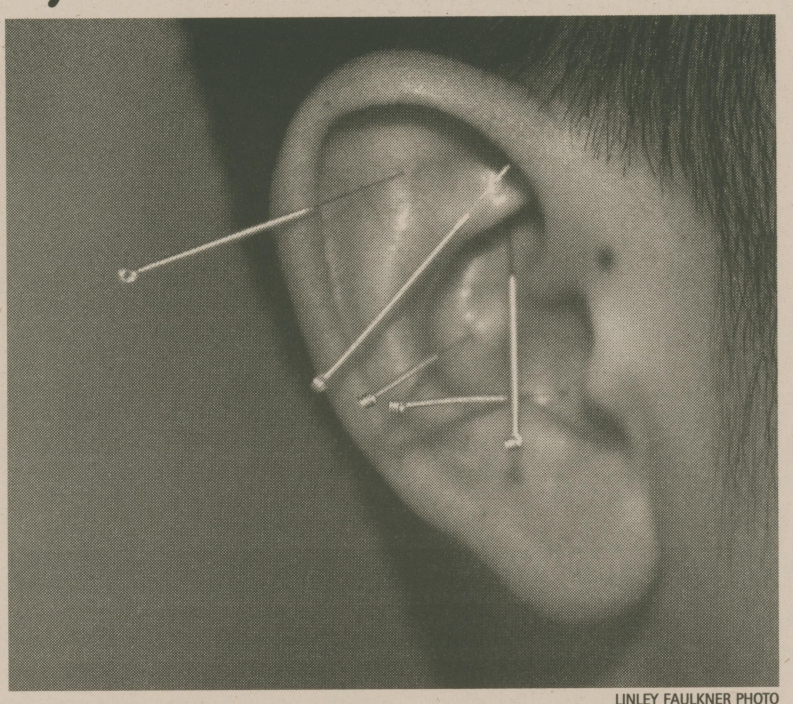
### Acupuncture

Acupuncture can give you what students hanging around the South Island Stress Clinic described as "a sense of alert calm." Students say they walk away from an acupuncture session feeling ready to study and can actually absorb material better because their minds are ready to take it in.

Silas Rosenblatt, the acupuncture guru at the South Island Stress Clinic (located in the Student Union Building Mondays and Tuesdays), suggests a preventative approach to a stressful exam period.

While their acupuncturists will certainly give a stressed-out student some pins to the ear if they need it (which is covered by the Green Shield health plan), the clinic also gives advice on holistic approaches to dealing with stress on a day-to-day basis, before you crash and burn.

Rosenblatt suggests things like regular eating habits; eating simple, whole foods such as grains, veggies, and lean protein and a good night's sleep to keep you out of the stress zone.



LINLEY FAULKNER PHOTO

**Acupuncture can give you "a sense of alert calm," say students.**

### Massage

Go ahead and grab a friend (or stranger perhaps) and exchange some neck rubs this exam period. Steve Roland from Koi Massage suggests students incorporate massage into their study routine.

Roland said the best way to give a massage is to use broad, downward strokes from the neck down to the shoulders. This will open up the shoulder area. Throw in a bit of a head massage and you will get blood circulating to the brain—who knows, it might actually help you think, or at least wake you up.

According to Roland, eighty per cent of people hold their stress in their necks. Most students develop serious tension in the neck and shoulders from a combination of sitting improperly in front of a computer and spending a lot of time hunched over their books. Tension can give you bad headaches because the nerve endings get trapped.

Roland suggests students make use of a device he uses in his own massage sessions—a heating pad. Apply heat to an area that feels extra-tense, or use it just before a good stretch (a few neck, shoulder, and back stretches should do the trick in between textbook chapters.)

Getting enough sleep is essential to give your muscles a break, Roland said.

You can tell a stressed-out student from a mile away by the classic "shoulder-shrug-up-to-the-ears" look combined with a geriatric-quality slouch.

Koi masseuses also give relaxation massages. They work out of a room in the UVic Health Services building, but you need a doctor's referral to see them. Green Shield covers undergrads for 80 per cent of the cost.

A massage therapist also practices out of Back in Line Chiropractic in the SUB. As with Koi Massage, you will need a doctor's referral in order to have it covered under Green Shield.

Being stressed out is often the norm for students, which makes us forget to take care of ourselves. But we can't neglect our bodies—they always seem to get back at us somehow if we do!

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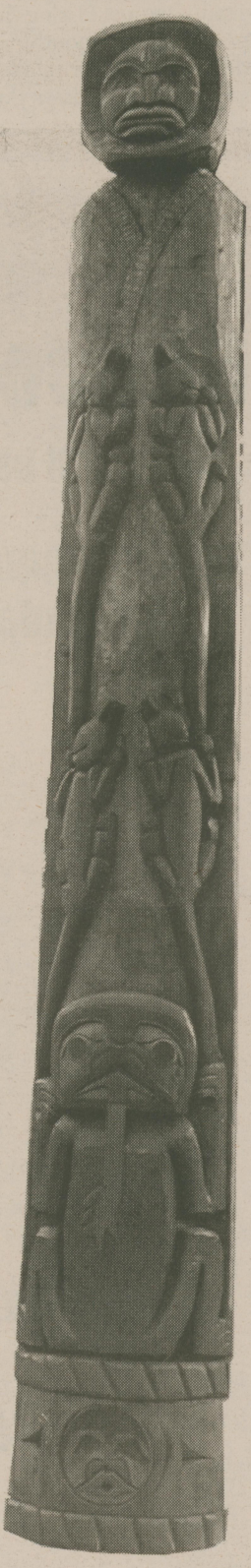

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AURAL AFFAIRS

# Pucker up!

**by Jake Sandberg**

PROVIDED PHOTO

**What makes a great kiss? It depends on your tastes.**

If you haven't already guessed by the title, this week's column is about kissing. What makes the perfect kiss and how can one improve their lip-locking?

Honestly, I don't I have an answer and I think anyone who says otherwise would be lying. What can be an amazing kiss to one person can be appalling to another.

Determining if you are a good kisser can also be quite difficult. Asking your partner won't work as their opinion is going to be incredibly biased. The best course of action is to find a stranger, kiss them, and gauge their reaction. Not getting slapped is a good sign. OK, maybe don't try that plan, but I hope you realize that great kisses are in the lips of the beholder and are subject to emotional torsion.

Pulling off that perfect kiss is easier said than done. If my English teacher taught me anything, it's that great works make use of iambic beats and alliteration. Hard, soft, hard, soft with both variation and repetition is the key. It should flow smoothly without being predictable and it should be unique to you and the recipient.

Build up and suspense are a must. I think everyone experiences this on the first kiss. It starts with the lean in, leading into the awkward pause before any contact is made. Purposely wait and gaze into your partner's eyes before you begin—slow can be just as exciting.

For variation, try just kissing their lower lip with your mouth, and maybe add a little suck or nibble in every once in a while. Kisses don't have to be full-on assaults either: a kiss on the cheek or forehead can be just as sweet. Use your hands—it's not just your mouth that should be working. Whether it is to hold their waist close to you, to gently cup their face, or to get lost in the locks of their hair—just do something. Kissing shouldn't just be an act; it should be a connection, and what better way to connect than to physically connect.

To make your lips even more appealing, try some lip balm—and guys, it's not just for women. Chapped, dry lips are an eyesore and no one likes kissing sandpaper. Pick out a nice flavour that will make you happy, or go for the unflavoured variety if you think you're tasty enough already.

Bad breath is another major issue. If you think you are going to be kissing someone, brush and floss those teeth—your partner and dentist will thank you later. But remember that not everyone likes the Colgate kiss.

An alternative is breath mints or gum, but be classy and casually chuck it out before kissing commences. The only animals I've ever seen sharing chewed-up organic matter are birds feeding their young—and a few just-plain-weird couples.

I hope at the very least everyone had an enjoyable Valentine's and no one was too hung up on their kissing. In the end, being a great kisser isn't a miracle cure. It doesn't matter how hard you try—a kiss is still going to suck if the chemistry isn't there. But if it is there, then a great kiss can easily become the perfect kiss.

*Next week: "Snag a Geek"*

ADVOCACY COLUMN | ACCESS UVIC!

# Make them go away

**by Rose Mariana Robb**

There's a book on the shelf in the Access UVic office that has Clint Eastwood's face on the cover. It's the book that most visitors pick up. Sometimes it even draws people through the door. What a face the man has. The expression is not full force Dirty Harry; not exactly "Go ahead, punk, make my day." He's got that merciless thing going, but it's not like he's coming after anybody. It's more a weary "You don't matter, plus you make me slightly ill" look. The book is Mary Johnson's *Make them go away; Clint Eastwood, Christopher Reeve and the case against disability rights.*

The preferred stories about disability are cheerful little fables about overcoming adversity. But I think, at least to begin with, we have to be willing to confront the disability story as a dark little morality tale—and maybe not so little, at that.

Johnson's book rests on the premise that disability isn't a cozy inspirational story about exceptional individuals who serve as an inspiration for all. It's more about how basically good people do things that are wrong, or refuse to do things that are right, and how people with disabilities lose opportunities as a consequence.

If they haven't experienced it themselves, or gone through it with someone close to them, I think most people have a hard time believing there is such a thing as discrimination against people with disabilities. Sure, there are difficulties, but the problem can't be prejudice or discrimination. Yet disabled people frequently identify the attitudes and actions of others as the major barrier they face in life.

Eastwood apparently resented the Americans with Disabilities Act (ADA), a piece of civil rights legislation that aimed to end discrimination against people with disabilities in the United States. The ADA is widely perceived to have fallen short of its goals in large part because its rights-based philosophical underpinnings never permeated mainstream thinking.

Eastwood owned a resort hotel in Carmel that had been sued under the ADA for access violations. He wasn't so much against ramps as against having to put ramps in.

He led a noisy campaign to change the law, but like everyone who opposes disability rights, he stressed that he was "not against disabled people."

Resistance to disabled people is often highly emotional, but always couched in the language of common sense—even when the actions taken and the attitudes displayed are clearly aggressive. Of course, nobody thinks they are prejudiced. And maybe they aren't, as long as the disabled person is tackling a personal challenge with inspiring courage, a brave smile and a grateful heart.

However, when disabled people stand up for their rights, and demand more respect for their needs, they sometimes meet up with Dirty Harry. His message is unmistakeable: "Make them go away."

*Rose Mariana Robb is the Director of Access UVic. Access UVic's Disability Advocacy Centre is at B102 on the main floor of the SUB. They can be reached at 472-4389.*

**UVSS Elections**

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# Take your beans naked, please

by Ticki Mackenzie

Go ahead, put your conscience where your cup is. The next time you savour a mug of beany brew, make it organic.

With 2.6 billion pounds of coffee consumed annually in North America, this small commitment will have repercussions that bounce from the verdant hedges of your garden to the lush hillsides of Costa Rica.

Traditionally, coffee was shade-grown on small farms. The farmers practiced biodiversity, planting banana, avocado, cacao and fruit trees amidst the coffee to cast a shady canopy over the delicate trees. This intercropping provided food and firewood for the farm workers, nitrogen fixing for the soil, a canopy home for insect-hungry songbirds, and rich bed of leaf litter to prevent soil erosion.

The truth is, they had it right about 45 years ago, but that was before the so-called "Green Revolution"—the development of sun-loving hybrid crops that promised high-yield results and cost-efficient farming.

In the 1970s, the U.S. Agency for International Development gave $80 million for plantations in Central America to replace shade-grown crops with sun-cultivated farms or "technified agriculture." But there was a drawback: 1.1 million hectares of forests were cleared to make way for huge, mono-cropped farms, and what was once a naturally-balanced system became completely dependent on pesticides and fertilizers.

In truth, few of these toxic chemicals will ever see the inside of your coffee cup, but the demands we place on the farm workers are unconscionable. Pesticides such as DDT, 2,4-D, and Diazinon are commonplace in countries where pesticide regulations are either ignored or non-existent. In fact, the World Health Organization estimates that pesticides poison more than 25 million people every year.

WESLEY SCOTT PHOTO

**Organic and Fair Trade coffees are better for the environment and workers on coffee farms.**

Ironically, North America's first "canary." or indication that something was amiss, showed up in the back gardens of suburbia. At one time, up to 140 species of migratory songbirds made their homes in the shady plantation canopy. With the development of sun-cultivated farms that dropped to five species, and the number of feathered friends visiting the gardens of North America plummeted.

In order to be certified organic, the farmer must guarantee that chemicals have not been used in the growing of their coffee for a minimum of three years, and that their farming practices enhance ecological balance and promote environmental health.

Alicia Herbert, the media representative for Salt Spring Coffee Co., says it is not just the farming practices, but also the processing that can put chemicals in your cup. "You must ensure that the coffee processes are certified organic," said Herbert. "For example, the Swiss Water Process replaces the chemical extraction previously used to decaffeinate coffee."

Herbert also stresses the importance of the "new organic"—a big-picture approach which combines the moral with the method. "We not only buy certified organic coffee, but recognize and support 'Fair Trade'—a concept that favours the farmer over the broker or coffee trader."

The Fair Trade Federation connects consumers and producers in a more sustainable way. With a focus on fair wages, cooperative farms, environmental sustainability, and education, the FTF has brought cultural respect and public accountability to the workers and their communities.

Yes, organic coffee is slightly more expensive. At Peppers Market in Cadboro Bay, organic/Fair Trade coffee fronts the shelf at $11.99 while the non-organic brands average $9.89. From another perspective, this price difference translates to one small latte at Starbucks.

But for the coffee drinker with an ethical bent, price is relative.

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## NOTICE OF ELECTION AND REFERENDUM

The UVic Graduate Students' Society will be holding its Executive election and a referendum on March 16 – 17 2006. All UVic graduate students in good standing are eligible to run for election and to vote in this election and referendum.

GSS
Graduate Students' Society
UNIVERSITY OF VICTORIA
LOCAL 89 CANADIAN FEDERATION OF STUDENTS

### ELECTION

**CALL FOR NOMINATIONS**
The following positions are open for nominations:

Chair
Director of Communications
Director of Finance
Director of Services
Director of Student Affairs

Term for these positions is April 1, 2006-March 31, 2007.

Nominations open: Monday, February 27, 10am
Nominations close: Wednesday, March 8, 4pm
Campaign period: March 9, 12.01 am to March 17, 4 pm

Nomination packages and information will be available during the nomination period in the GSS office, Grad Centre room 102

### REFERENDUM

**REFERENDUM QUESTION**
The following referendum questions will be on the ballot during the March 16 & 17 2006 GSS Election and Referendum:

"Do you support the creation of an additional GSS membership fee of $2 per semester ($1 per semester for part time students) to support World University Services Canada (WUSC)'s refugee student fund?"
Yes or No

**REFERENDUM CAMPAIGN**
Grad students who wish to campaign for either the YES or NO side of the referendum must register to do so.

Registration opens: Monday, February 27, 9am
Registration close: Wednesday, March 8, 4pm

Campaign registration information will be available during the registration period in the GSS office, Grad Centre room 102.

### VOTING

Polling for the Election and Referendum will take place in the Grad Centre Foyer from 10am – 4pm and by webvote at webvote.uvic.ca Thursday and Friday March 16 and 17, 2006. Web polling will close at 4pm March 17.

# Working in the boys' room

by Amanda Leier

**Sean Roberts walks downtown at 10:30 on a Saturday night. He's over six feet tall and built like a trim rugby player. His dark brown hair is cropped short except for a blond tuft on the back of his neck, a modern mullet.**

He wears black jeans and white leather shoes, a black dress shirt with lime green pinstripes and carries a pink and grey '80s gym bag over his shoulder.

He stops at 751 View St., shakes hands with the bouncers at Red Jacket, then skips the line and walks up the steep staircase to the second-level club. Upstairs, he gives a wink of his blue eyes to the coat check girls and nods at security. He waves at the bartenders as he passes the bar and a 400-gallon fish tank on his way to work.

The walls in the men's washroom are ox-blood red with a black tile border. A large, gilt-framed mirror hangs over two sinks. Two toilet stalls sit on the left; four urinals stnad to the right. Sean places cologne, hair products, paper towels and a tip jar on the countertop beside the sinks and sits on a stool by the door, ready to make some money.

"Every night there's that moment, the initial rush when everyone has to piss around 11," he says. "And I'm there for them, I give them towels."

* * *

"I just kind of snuck in the back door, I had no previous bathroom qualifications," Roberts says. He knew about the position because a friend of his was quitting it.

The expectations co-owner Damien Cownden gave Roberts when he was hired were simple: show up on time and buy your own supplies. Roberts mans the bathroom from 10:30 p.m. to 2:00 a.m. every Thursday, Friday and Saturday night. The club pays him minimum wage and he keeps his tips. "On a good night he could make as much as the bartenders," says Cownden. This implies an average of $75 to $200 per night.

While he saves his tips, Roberts uses his minimum-wage paycheque to cover the costs of supplies. "I have nice paper towels, really nice ones. I buy them from Costco now because I've found they're the biggest, best, and most absorbent. If you buy the cheap ones they're so thin you have to give two away. I think people would tip more if they knew I had to buy paper towels," he says.

Roberts also supplies hair products, which he gets at a discount from GEMI hair salon in exchange for word-of-mouth promotion and distributing business cards. He says the most popular hair product is wax, but he also has hair spray, mousse, rubberizer and cream for anyone who needs it. Everyone has his own technique, says Roberts. The hair tweakers are some of his favourite clients.

**"He'll wet his hand and pull back his hair really slowly and then flick it forward so it looks like the wind's blowing at him from behind. It's such a trademark move."**

"This one guy, he wets his hands, messes up his hair, and then puts it up into a Mohawk. He doesn't even put any product in it, but I know he's good for five bucks. Another guy comes in and he'll wet his hand and pull back his hair really slowly and then flick it forward so it looks like the wind's blowing at him from behind. It's such a trademark move."

Roberts gets some free bottles and sample-sized cologne from a woman who works at the Bay, and he pays for the rest. The bathroom is stocked with Crave by Calvin Klein, Diesel, Hugo Energize by Hugo Boss, Issey Miyake, and Dolce & Gabbana cologne—his most popular product.

"One of my favourite moves with the colognes is when guys spray it twice on their neck and then one, for her, down the pants," he laughs.

He also supplies mints. (Cownden doesn't like him handing out gum because people spit it out and it sticks to the floor.) Guys ask him for condoms and he'll supply them if he has any. One night a client started laughing when he saw that Roberts had condoms. "He said 'You even got rubbers. Well, I'm going bareback tonight anyways; I know where that pussy's been.'"

Roberts also keeps orange-scented room spray in his arsenal to keep the washroom smelling fresh. "Last week I had so much spray going on, one guy said, 'Fuck, this smells awesome in here. So fresh and fruity.'"

WESLEY SCOTT PHOTO

**The man in the can**
**Roberts is equipped with mints, cologne and room spray to keep the guys smelling sweet all night.**

There are only two clubs in town with bathroom attendants: Red Jacket and Sugar. Cownden co-owns and operates both.

Cownden has been in the nightclub business for over six years and all of his clubs have had bathroom attendants. He says he got the idea working in clubs in Florida and visiting clubs in Beverly Hills and Los Angeles.

"In a lot of other places, it's commonplace. I wish it would become more of a trend in Canada," he says.

Some Victoria nightclub managers think otherwise.

"It's not really cost-effective," says Aragon Pawson, assistant manager of Hugo's Grill & Brewhouse. "Plus, it can be kind of freaky for some people who just aren't comfortable with it."

Pawson says he sees a place for attendants in high-end establishments, but that Victoria doesn't have the demographic to support the service. "There aren't very many millionaire tycoons in Victoria," he laughs.

Chris White, who owns and operates Plan B nightclub, agrees. He says he makes it a priority for his bussers and porters to keep the washrooms clean. "People notice your washrooms, and if they're [not presentable], it makes it a shitty experience."

Asked whether or not having a washroom attendant gives Red Jacket an advantage, White replies, "Does that make them pee faster? Are they more efficient?" Besides, White says, the washrooms in his club just aren't big enough.

Cownden says the main reason Red Jacket has bathroom attendants is for style. "My opinion is that the best way to judge an establishment's aesthetics is by its washrooms," he says. He also relies on his attendants for safety and security measures.

* * *

Roberts supplies a service; he also observes a lot from his perch on the stool.

On a Thursday night, the crowd is mostly young, broke university students. A lot of patrons get kicked out. These are Roberts' least favourite clients because they don't tip well, get rowdy and cause trouble. They often slam a mickey of booze before they come to the club so they don't have to pay for pricey drinks at the bar.

There is a zero tolerance policy for "pukers," who are frequent on these nights, and security stands by the bathroom ready to kick them out.

This crowd is loud and obnoxious, and likes to give high fives. "That's another thing you get a lot of—guys who want to give you high fives and shake your hand, and you're like, 'Wash your hands first buddy and then we can do all of those social rituals.' I'm a chronic hand washer in there, too. I'm washing my hands every couple of minutes."

Friday nights have a hip-hop theme and tips are still on the smaller side, so Roberts has to be extra charming. He says a client is more inclined to slip him a bill if he goes the extra mile and remembers his name.

Saturday nights are the best nights for tips because it's an older crowd. "Everybody's working for the weekend," he says. These are the nights he makes connections and gets some of the best perks. Clients have offered him free Heli-jet rides, tickets to events at the Victoria Conference Centre, and fruity drinks he wouldn't normally buy for himself.

Aside from making money and keeping guys coiffed and smelling good all night, Roberts gets a different perspective working at the club as opposed to drinking there.

"When I went to the bar before, I was trying to go to meet girls, but when you're working, you see your competition. Now I know every sort of guy, every character I'm up against. You see how absolutely drunk most of these guys are and I think a lot of these guys could take a lesson from working in here and seeing themselves. It's kind of scary."

Just as scary as the drunken guys are the girls who are wasted and desperate for a hook-up. Roberts calls them stragglepusses. "You can pick them out too. They are just going around the bar like animals looking for a lay. It's true! Un-p.c. maybe, but stragglepuss is a reality."

There's no attendant in the women's washroom to get the drunken stragglepuss kicked out before she gets into trouble. Cownden says he tried it at Sugar, but the girls didn't tip the attendant.

"Women generally do not tip as well as men, it's not a prejudice, it's just a fact of the industry," Cownden says. He estimates that the women's attendant made a twentieth of what the men's attendant makes in tips.

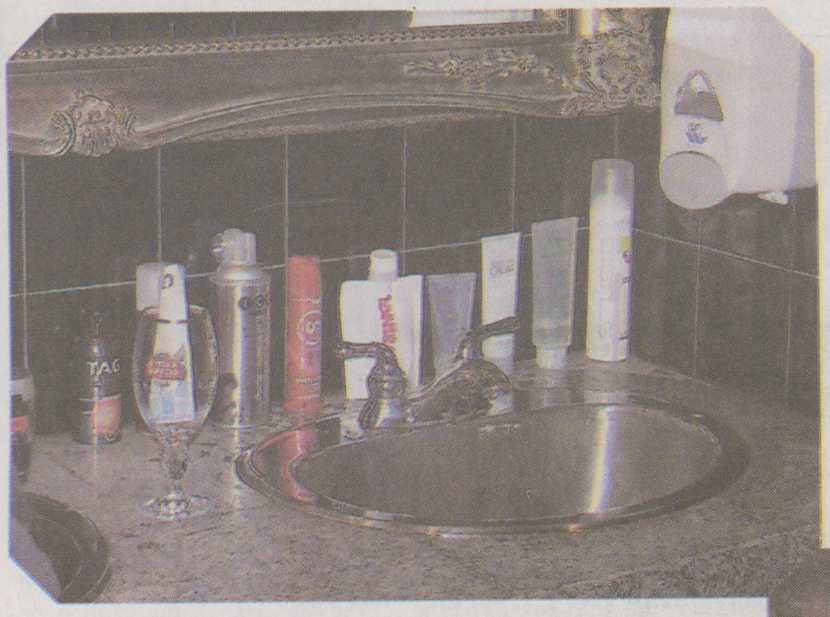
**Just as scary as the drunken guys are the girls who are wasted and desperate for a hook-up. Roberts calls them stragglepusses.**

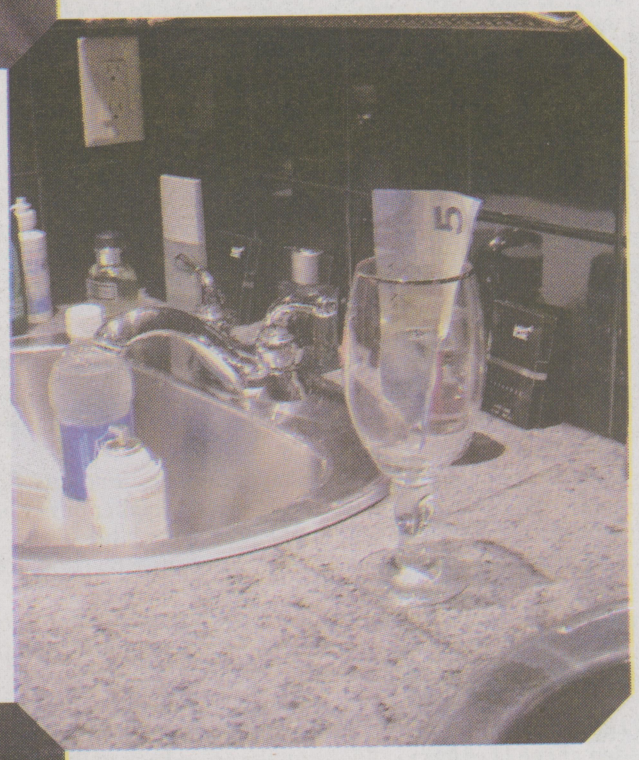
While some of Roberts' clients tell him they think he has the worst job ever, he says it's the place to be.

Roberts' resume suggests a penchant for alternative jobs: handing out samples at Costco (which, he points out, is parallel to handing out paper towels), suggesting herbal remedies at Lifestyle Market (despite a lack of qualifications), and picking up golf balls at a driving range (when he was really young).

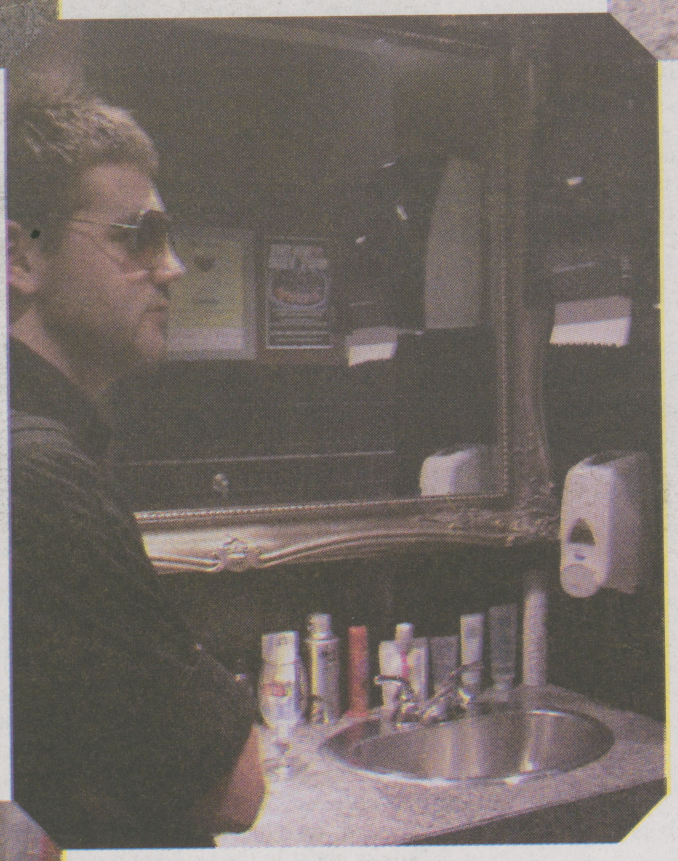
For Roberts, working the bathroom is just another way to save up some money while in his fourth year of an English degree at UVic.

He is hoping to save some money so he can go travelling again, perhaps to take up where he left off as a self-proclaimed fraudulent English teacher in Taiwan. "I was just a drunken backpacker," he admits. For now, working during prime party-time is helping Roberts save the dough. "It's not worth it to me if I'm not doing this as a means to my end."





**Roberts' resume suggests a penchant for alternative jobs: handing out samples at Costco (which, he points out, is parallel to handing out paper towels) and suggesting herbal remedies at Lifestyle Market (despite a lack of qualifications).**



**Hi guy, need a hand with that?**
Clockwise from top: Roberts says his job as a bathroom attendant is a good place to network and to check out his competition for the ladies; Robert's' tip jar; it's a dirty job . . . ; Roberts (left) and a client (right); Roberts asks clients to wash their hands before giving the high-five; hair product galore.

WESLEY SCOTT PHOTOS

# Editorial

## Politics differs from government

It's no wonder why people are suspicious of politicians.

Ten days after he was re-elected in his Vancouver-Kingsway riding, David Emerson became a member of the Conservative cabinet. Not a big deal, except that Emerson was a Liberal until he crossed the floor to take the position of Minister of International Trade.

Understandably—at least to everyone except Emerson and the Conservatives—the voters in the Vancouver-Kingsway riding are upset. Emerson received over 43 per cent of the vote; the Conservative candidate came a distant third with just under 19 per cent support. It would seem the voters didn't want the Conservatives to represent them.

Emerson has come under fire since the move—although no one's called him a whore yet, an insult apparently reserved for women who cross the floor to take cabinet positions. There have been protests at his Vancouver office, calls for him to resign and demands for a by-election.

While Emerson maintains he did it to give his constituents a voice in government, the consensus seems to be that he crossed for personal gain. After all, there are considerable perks—bigger salary, staff, use of a personal car—associated with a cabinet post.

It's been painful to watch Emerson during this time—his bafflement at the uproar, the waffling over whether or not he should resign, the avoidance of the press—but it has been somewhat entertaining seeing the Conservative reaction to it.

After all, it wasn't so long ago that they were going after Stronach for defecting to the Liberals and taking a cabinet post, pointing fingers and calling her names.

Harper harshly criticized Stronach, and several Conservatives demanded laws forcing floor-crossers to go back to the electorate for another mandate.

And even more recently was Emerson's statement, made on election night, promising to get in the Conservatives face. "I would like to be Stephen Harper's worst nightmare," he said, presumably with a straight face.

But unless he's planning to take them down from the inside, it seems that's unlikely to be the case.

Harper and his gang sang loud and clear about ethics and making government "more accountable and effective." But here we are, barely into their term, and they're already changing their tune and breaking campaign promises.

Take for an example Harper's statement during the campaign that he would not appoint a cabinet minister who was not elected—a promise swiftly broken with the appointment of Michael Fortier (who did not run in the campaign and is not a member of Parlimanet) as public works minister.

Apparently, like so much else, that was just politics. This is government, and the rules are different here.

Silly us for expecting anything different.

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Editorial topics are decided at weekly editorial meetings and do not necessarily reflect the opinions of all staff members.

edit@martlet.ca

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## THUMBS UP | THUMBS DOWN

**Thumbs Up**
To knowing proper firearms safety before you go hunting. We all know it's easy to mistake millionaires for quail, but there's lessons available for this sort of thing.
"Cheney's got a gun..."

**Thumbs Down**
To David Emerson for crossing the floor. If you're going to make that kind of move, you should at least do the running-man across the floor to really toss it in Vancouver's face. "Oh yeah, eat that voters!"

## EDITORIAL CARTOON | SO AN OFFICIAL OPPOSITION PARTY WALKS INTO A BAR...

ANTHONY FRATTAROLI GRAPHIC

## LETTERS

### Carpe Diem stuck on campus

In his letter "Values don't need religion" (*Martlet*, Feb. 9) Derek Madson made a few remarks that need to be challenged, as they reflect negatively on his group Carpe Diem, and misrepresent atheism in general.

Perhaps the point which demands Carpe Diem's most immediate attention is a basic knowledge of the current state of the world outside of UVic campus.

Derek writes, "there was a time when religion and politics were fused—it was called the Dark Ages." I am afraid, Derek, the situation in the middle East—just one glaring example—stands to correct you. I understand that you mean to argue that religion mixed with politics is the cause of violent conflicts. On this, I partially agree. However, I hardly see "secular humanism" as the bright torch.

I also agree with your point that freedom of views are "a bulwark of our society." It is unfortunate that you undercut your own stance by referring to religion as belief in a "kooky ghost in the sky." For a club that claims the importance of difference, you are disturbingly dismissive of other beliefs. Atheism is not simply an exchange of religion for a belief in non-religion.

*-J.R. Mulvey*

### Truth: a worthless commodity

Shortly after 9-11, George Bush said in a speech, "America was attacked because the terrorists resent our freedom."

A repressed bunch of prudes, like the Americans, are free? The Danes or the Dutch would have been attacked first, if that were the case.

Well, the Danes are getting it now! Not even Salman Rushdie managed to evoke such a hostile response. Blasphemy takes on a whole new meaning among fundamentalist iconoclasts.

Say "good bye" to freedom of expression, and make room for the politically correct anal retentives, who offend no one. Anyone who wants to make a career out of journalism should realize that, compared to advertising revenues, the truth is a worthless commodity!

*-Jan D. Horn*

### New dictionary definitions

I can't believe that the UVSS would have the nerve to pick on the constituency groups about spending money! ("Access denied," Feb. 9) Doesn't the UVSS spend money on alcohol every year for their staff Christmas party? Come to think of it, isn't all the alcohol free?

Given that it is the holiday season and it is always nice for staff to get together and indulge in some beverages, the UVSS has no place in lecturing a constituency group about spending a small amount of their allocated budget on alcohol for their social events. My guess is if you looked at a picture dictionary next to the word hypocrite, you would find Shamus Reid's photo.

*-Matthew Lebrun*

### STD writer grossly uneducated

It was great of you to run an article ("The ups and downs of sex") on safer sex in the Feb. 9 issue. Really, it was. It's not often discussed, and it's so important. Pitty the particular article that was printed was pretty much useless in terms of actual information presented.

First of all, ALL STD rates are increasing, not just those of syphilis and chlamydia. It's estimated that one in four young adults will have some sexually transmitted disease before they reach the age of 24. And most STDs typically don't show any symptoms (chlamydia being one that usually doesn't).

Secondly, using condoms does not equal practicing safer sex. There's so much more to it. How helpful. I especially loved this gem of a sentence: "These things are a reality of our sexual practices, but are often ignored." Of course they're going to be ignored if nobody takes the time to ensure that people understand how to prevent things like herpes, HPV, chlamydia, gonorrhea, and so forth. This writer had a golden opportunity to do just that, and didn't use it.

Really, if you're going to run an article about something so important—especially in the university community—why waste space? Print some useful information.

*-Karyn Fulcher*

### Truth Denied

In last week's "Access denied" (*Martlet*, Feb. 9), the caption beneath Shamus Reid's picture reads: "UVSS director of finance Shamus Reid has receipts showing Access spent between $120 and $150 on alcohol during the 2004–05 year."

The correct figure is $120. Second, note that it says 2004–05, not 2005–06. We had spent a small amount on alcohol during 2003–04 and heard nothing about a no-alcohol rule from that year's UVSS Board. But we haven't included any alcohol in our expenses since this concern was first mentioned to Access UVic (in August 2005). So why, I wonder, has this been made an issue, much less the prominent one it seems to be?

This "no-alcohol rule" is an unwritten one—which begs two questions: 1) Why isn't it recorded somewhere, such as in a policy manual? 2) Why, since it is unwritten, was Access UVic not approached respectfully and informed of it? Why, instead, were our office locks changed without warning and two of our members thrown out, despite being a tenant in the building?

Reid points out that our minutes contain no motions regarding our spending. He is correct. Our minutes don't include motions as we do not use parliamentary procedure during our meetings, which are collegial and informal. To my knowledge there is no requirement that we do so and it has never been suggested or requested of us that we do. We have a budget for each term, and reach decisions by consensus. So what's his point?

It's also important to note that Shamus Reid has held onto the minutes he is referring to since August 2005 without approaching Access UVic to ask any questions about them. So why bring it up in the *Martlet*?

Access UVic is owed an apology and I hope that when the Human Rights Director has completed her investigation we will receive one.

*-Orion Carrier,*
*General Director on Access UVic's Board, and Access UVic's representative on the UVSS Board*

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The University of Victoria's Independent Newspaper

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*Martlet* is published every Thursday.

# Danish Muslims rightly upset

## Published cartoons were an unnecessary attack

**by Clarke Ries**

If you're Christian, it may help to imagine Jesus Christ sodomized with a cross. If you're Canadian, maybe opening up your paper to the sight of our flag being pissed on by an American eagle would have you up in arms.

For a Muslim, seeing their holiest prophet and most respected religious figure wearing a bomb on his head or proclaiming to a crowd of suicide bombers that heaven is all out of virgins would be just as infuriating, and about as necessary to print.

In fact, the parallel I've drawn is not even particularly fair to Danish Muslims: for them, the cartoons represent something much worse than mere insult. It's an attack on their place in Scandinavian culture.

Most of Europe's 15 million Muslims are blue-collar labourers, frequently subjected to hate crimes and discrimination at every level, from physical attack to political curb-stomping.

Some consider the law against religious symbols in the classroom passed by French Parliament to be a direct attempt to force assimilation by doing away with the hijab, female headwear mandated by many Muslim sects. In Britain, the Office for National Statistics found that British Muslims had the highest rate of unemployment, the poorest health, the most disability and fewest educational qualifications of any religious group in the country.

Danish Muslims follow the same trends: the population is composed of the offspring of immigrant workers who flooded Denmark in the early 1970s and refugees from war zones.

Native hostility to large, sudden influxes of poor immigrants is typical through history, simply and briefly illustrated by the American reaction to Irish, Italian, and now Hispanic newcomers.

Certainly that resentment exists in Denmark, where the Danish People's Party, a far-right political group, won 13.3 per cent of the popular vote in the 2005 election, enough for 24 seats. In Denmark's highly fractured political landscape, 24 out of 179 seats provided more than enough leverage to force the coalition government into passing immigration policies deemed by many human rights groups to be the harshest in Europe, including a law abolishing the right to asylum on humanitarian grounds.

Into this explosive, dangerous atmosphere charged Jyllands-Posten, Denmark's biggest paper with a circulation of about 150,000 and self-described as right wing, to commission 12 cartoons belittling the prophet Mohammed and implicitly labelling Muslim religion as pro-terrorist.

One partial defence of the cartoons is that they were meant as a critique of the Muslim religion as a whole, but Jyllands-Posten editor Flemming Rose himself shoots this one down. "This story was about what was going on in Denmark and Northern Europe," he told a *Newsweek* reporter.

A second, entirely wrongheaded defence of the cartoons, in fact the reason for their original commission, boils down to 'Muslims can't take a joke.' Those who support this argument view the ensuing riots and rash behaviour on the part of Muslims around the world as confirmation of their point.

What proponents of this stance fail to understand is that all the outrage may not really be about the cartoons. People who feel trodden upon and abused tend to rally around a symbolic mistreatment, one defining moment they can point to and say, we are all united against this. Outrage in 1955 that led to the American Civil Rights Movement may not have been directly about the arrest of Rosa Parks for refusing to give up her seat on the bus, but over the indignities and degradation all blacks had suffered at the hands of the whites.

The cartoons are still entirely legal, given the right to free speech democracies enjoy, but in this case, they are clearly a shot at Danish Muslims at a time when racial tensions are at a fevered pitch in Europe. Their publication and subsequent republication several months later for the sole sake of free speech has all the tact and timing of napalm, with roughly the same results.

# Sensitivity tramples free speech

## Western nations are not a good example of how to handle controversy

**by Chris Fleming**

During the past week there has been worldwide outrage concerning cartoons published in Denmark—one of which depicting Muhammad (which is against the rules anyway) with a bomb hidden in his turban. Demonstrations across the world have seemed to pit western beliefs against Muslim beliefs, or so the paradigm of East-West goes. But is this an accurate dichotomy between two viewpoints or is that we, the West, suffer from a certain myopia concerning the cultural institution of free speech? Europe and North America have based their societies around a secular view of the world. Everyone is allowed to say what he or she wants, think what he or she wants and is able to congregate with like-minded individuals. The issue of the Danish cartoon seems to be a very simple example of free speech versus the Muslim population.

Perhaps this is true. But, do we, as westerners, not suffer from the exact same sensitivities that we have lambasted Muslims for possessing? Recent examples of our own outrage abound in pop culture. The movie *The Last Temptation of Christ* seemed to piss off quite a few Christians, while Mel Gibson's *The Passion of the Christ* seemed to upset quite a few Jews.

But these are examples of public opposition to controversial subjects, which makes the manufacturer of such content the barer of responsibility. Fox cancelled Family Guy, not because it wasn't being watched, but because a couple of soccer moms got indignant, which scared advertisers. Keeping the Danish example in mind, the newspaper published these cartoons knowing that Muslims only make up two per cent of the Danish population. It therefore would not suffer from any commercial repercussions. A recent development in this story has a cartoonist claiming that three years ago he submitted a satirical cartoon of Jesus' resurrection to the same Danish newspaper only to find that they rejected it because it was "offensive."

Commercial examples aside, I think this myopia concerning our own rights reaches deeper than what people are willing to pay for. Our governments determine what we can and cannot say. As long as what we say does not physically harm anyone (feelings not counting as bodily harm), why should it be a crime to say it? Denial of the Holocaust is not a crime in this country; however, conspiracy theories involving Jews are, because they propagate hate. Like the vast majority of people in the western world, I'm not a Holocaust denier. Why are we scared of letting those who do deny it speak openly? If anything, it increases their tenacity and gives them a sense of martyrdom, or worse, gives credence to their beliefs.

This story still remains a competition between Muslim values and western freedom of speech, but I think some of the focus should be directed towards ourselves. Is our society truly able to say and believe what we want? In my opinion, not at all. We have developed certain norms that have effectively censored minority views even though the entire purpose behind the ideal of free speech is to hear these views. In order for free speech to be respected as our model of conduct by the Muslim world, we should probably set a better example than we currently are.

If you don't like it, ignore it.

# Apathy leads to violence

**by Chadi Akouri**

A global fire is in the midst of getting out of control. No amount of apologizing or retraction of statements will stop it if it's not put in check immediately. What has caused this fire to start? Several cartoons—meaningless drawings; pieces of paper—have been reacted to with apathy or laughter by millions of people.

However, in the Muslim world these cartoons have incited riots and deaths, and set consulates ablaze. How can a drawing entice such reactions? Are Muslim people so faithful to the Qur'an that they would die or kill to protect their way of life? This sounds similar to the deep-rooted belief in freedom and the right to fight for it that thousands of American soldiers in Iraq are fighting for right now, and 2,267 of them have died.

Is it the cartoon that is fuelling the anger and causing violent protests towards the West? I think it is the lack of respect and inability to empathize with Muslim communities that perpetuates violence. It is an apathetic attitude that says, "This is not my problem, I have enough to deal with."

Some newspapers in the West are uniting to ensure that governments do not pressure them to stop printing the insulting cartoons. Fair enough, but when does the freedom of press get trumped by the persistence of prejudice?

The *Times Colonist* recently printed an article that discusses the cartoons and directs people to a blog where people can see the controversial drawings. In addition to the cartoons, the blog creator writes:

*Dear Muslims,*

*If you do not like my country, please leave.*

*If you do not like the way our women dress, please leave.*

*If you do not like our separation of politics and religion, please leave.*

*If you support violent responses to criticism of Islam, please leave.*

*If you support terrorism in any way, shape or form, please leave.*

*If you cannot accept satirical cartoons in our newspapers, please leave.*

*If you do not support democracy or the freedom of speech, please leave my country.*

Newspapers have the responsibility to make sure that what it prints does not direct people to hatred and xenophobic material. In all societies there are fundamentalists who care only about their way of life and make no effort to accept people of other cultures.

Why is it that foreign fundamentalists are worse than western fundamentalists?

This issue reminded me of Ralph Ellison's book Invisible Man. In the prologue Ellison writes:

*I am a man of substance, of flesh and bone, fiber and liquids—and I might even be said to possess a mind. I am invisible, understand, simply because people refuse to see me. Like the bodiless heads you see sometimes in circus sideshows, it is as though I have been surrounded by mirrors of hard, distorting glass. When they approach me they see only my surroundings, themselves, or figments of their imagination—indeed, everything and anything accept me . . .*

*. . . It is sometimes advantageous to be unseen, although it is most often rather wearing on the nerves. Then too, you're constantly being bumped against by those of poor vision. Or again, you often doubt if you really exist. You wonder whether you aren't simply a phantom in other people's minds . . .*

*. . . It's when you feel like this that, out of resentment, you begin to bump people back. And, let me confess, you feel that way most of the time. You ache with the need to convince yourself that you do exist in the real world, that you're a part of all the sound and anguish, and you strike out with your fists, you curse and you swear to make them recognize you. And, alas, it's seldom successful.*

Ignorance and blindness are the cause of the issue at hand. This is not a debate about separation of politics and religion; it's about the continued attack on the Muslim people and faith, which is unacceptable.

We are not all alike. There is a way for everyone to live together without getting into conflicts. No one needs to conform to one way of life for a society to endure them.

What we as human beings need to do is grow up, accept other people and cultures and allow people to determine their own course in life, which is a fundamental tenet of freedom.

I am not Muslim, but I am an Arab-Canadian; in this post-9-11 world some people see them as one and the same.

THEATRE | TOP GIRLS

# Feminist drama challenges audiences

by Jessica Smith

When the women I know get together and drink, they gossip about sex, fight about religion and politics, and turn maudlin as the night progresses—just like Caryl Churchill's *Top Girls*.

The characters in the Phoenix Theatre's latest production are two English sisters and five heroines from different countries and centuries, all dead or fictional, but out for dinner together, somewhere in the land of our collective unconscious. They bond and gossip, but their wine-fuelled sisterhood ends with vicious us-versus-them arguments that fade into exhaustion and drunken depression.

They are divided as rich and poor, powerful and disenfranchised, Catholic and Buddhist, promiscuous and virtuous. They are strong women who have all struggled to gain their positions, or merely to survive in them, and now that they have achieved their aims, or died, the women lash out at anyone who challenge them.

They drink to their courage, to the way they changed their lives, and to their extraordinary achievements, but after all the drinking, they cry over lost lovers, children and lives.

"It was only a girl, but I missed it," says Lady Nijo (Ming Hudson) of the first of five children to be taken away from her. She was a 13th-century concubine turned nun, and the first of the women to break down crying.

The mythical Pope Joan (Anne-Marie de la Giroday), a ninth-century papal cross-dresser, makes the women laugh with her story about fooling the men in the Vatican into believing she was male, until it ends with her death by stoning and excommunication from the church.

The world of *Top Girls* seems like a dystopian nightmare, in which differences of ideology are chasms with no middle ground, the strongest powers are the scariest, and everyone is desperately unhappy despite appearances.

If you attend *Top Girls* before its Feb. 18 close, don't expect a night of entertainment or to relieve tension with a good cathartic laugh or cry. About a third of the dialogue is argument between characters who yell at each other and over each other in shrill voices, as arguments overlap into a brittle cacophony. Neither the characters nor audience experience relief, and none of the arguments are ever resolved.

Attend the production to see seven talented female actors with fantastic costumes and pompadour hairstyles, and expect it to bother you and remain on your mind for a long time afterwards.

In 2006, *Top Girls* has lost some of its power and relevance. Marlene (Kate Richard), the modern woman in 1982, had to make huge personal sacrifices to climb the corporate ladder—sacrifices that most women in North America and Britain don't have to make today. But the issues she struggled with—class divisions and equal opportunities for women—are still relevant, and Churchill's *Top Girls* presents them in a dystopian drama of uncommon veracity and lasting horror.

TIM MATHESON PHOTO

**Ingrid Hansen, left, and Devon Taylor in *Top Girls* at the Phoenix.**

# Jung-Ah Chung and Hanna Kiel bring Korean dance to Victoria

**What**: Choom Hanna's *Giving Birth in Dreams* and Jung-Ah Chung's *Connections*
**Where**: Lynda Raino Dance, 715 Yates, 3rd floor
**When**: February 18 @ 8 p.m., 19 @ 2 p.m.
**How Much**: $12, call 388-5085

by Micah Luxen

The movements in a dance are fleeting moments of expression, each turn and leap begin and end so quickly that no two dances can ever be identical. But within, the choreography remains a movement so ancient and distinct that every performance shares a part of it.

For over 3,000 years, Korean shamans have practiced ancient rituals through movement, attempting to bring spirits and humanity together. This dance, the P'ungmul, will be on display in Victoria in *Giving Birth in Dreams* and *Connections*. Two independent dancers, Hanna Kiel and Jung-Ah Chung, both born and trained in Korea, integrate traditional symbolic choreography with modern dance.

"It's really grounded and connected to the floor and earth, whereas in ballet, your centre of weight is higher," says Chung.

P'ungmul, with ancient roots in Buddhism and Taoism, is grounded in farming culture. The shamans originally performed the dance on rural holidays. It expanded over the years as a means of political protest, and as an art form.

"We have friend-dances with a lot of group work, we have knife dances [with a knife or sword], and we have monk dances with one person dancing."

The tradition holds that during the dance ceremonies, actors dressed like villagers wander through the crowd and engage the audience. The crowd responds with folk songs, chants and dances, while the shaman dancers move to the beat of a drum, following elaborate, acrobatic choreography.

Singing, dancing, and drumming are central to P'ungmul. The dancers follow musicians with handheld cymbals, barrel drums, hourglass drums and gongs.

"I'm using chanting from monks as they're praying, and also using some Asian drums," says Chung. "Hanna's music is classic piano from a movie soundtrack, so it's musically quite different [from mine]."

Chung and Kiel are the perfect performers to bring P'ungmul to Canadian audiences.

As a child in Korea, Chung studied traditional dance and classical ballet and then attended the Ewha Women's University, majoring in modern dance and minoring in traditional dance.

Even then, Chung was familiar with the famous Korean dancer Kiel, but the two did not meet until they were both performing in Canada.

"We met in 2002 when I performed in Vancouver," says Chung. "She saw my show and then came to meet me. We know the same people in Korea, so we started to chat."

After their meeting in Vancouver, Chung and Kiel forged a working relationship, and the women are set to show Victoria a new genre of dance.

"I hope that people will appreciate that the work came from Korean-Canadian female artists," says Chung, since the Korean shamans who practice P'ungmul are typically female.

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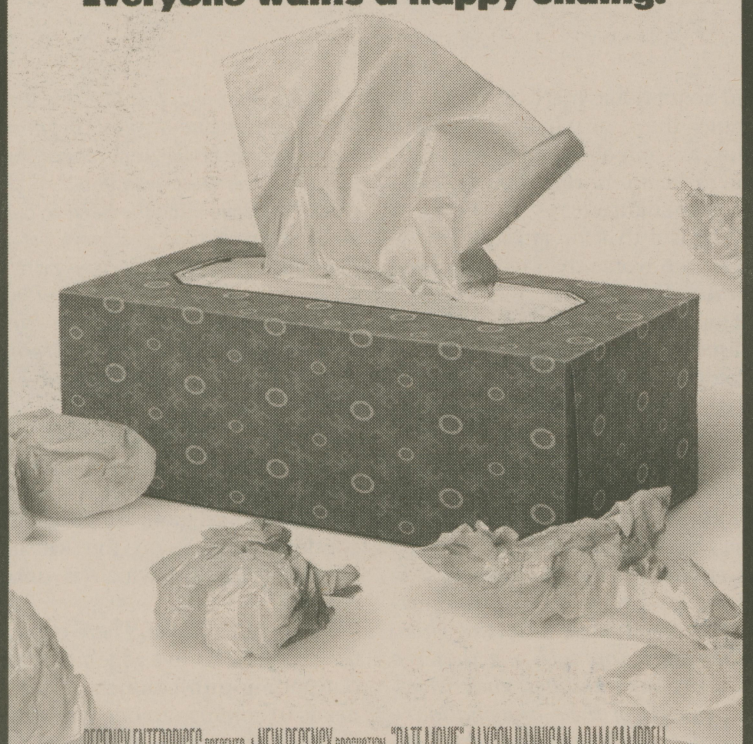
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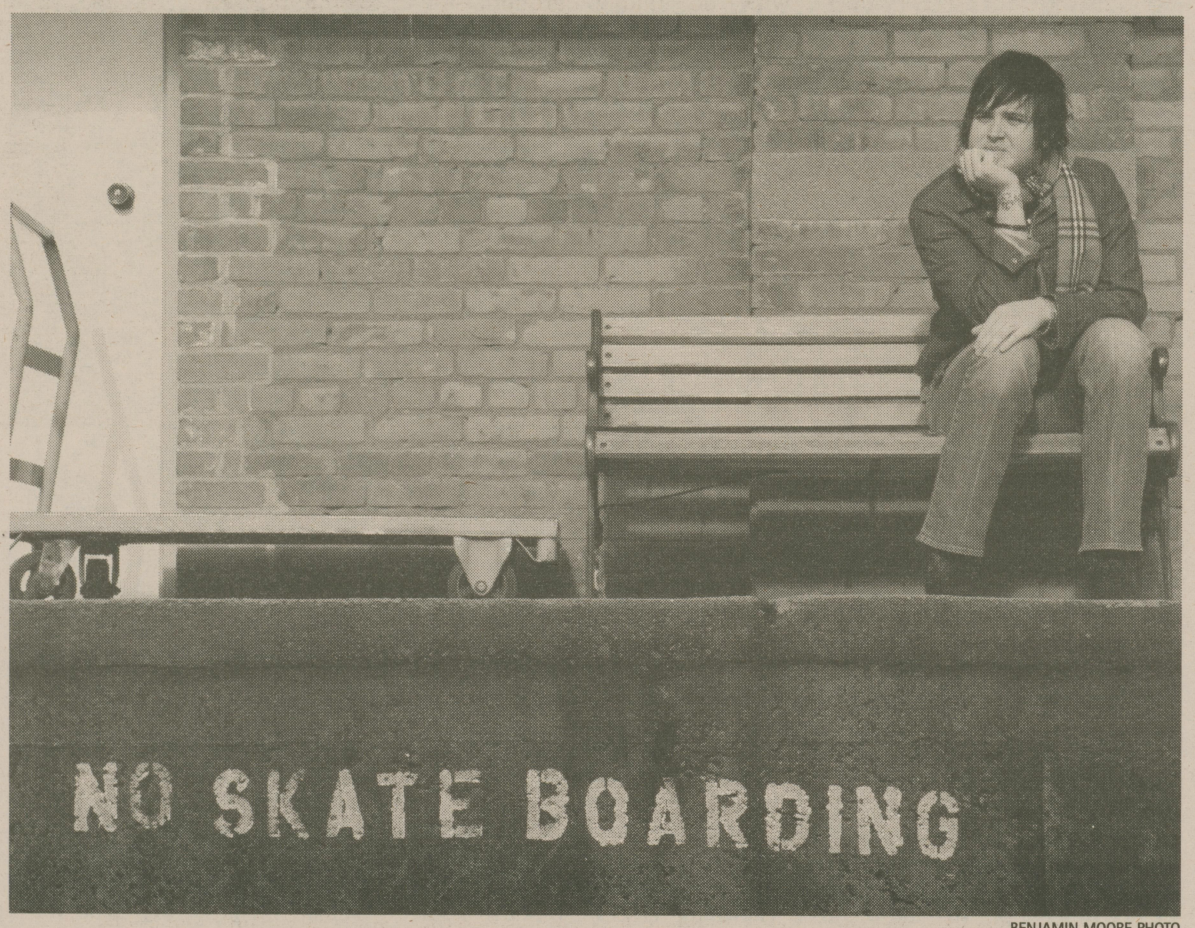
ARTIST PROFILE | LEEROY STAGGER

# Leeroy Stagger buckles down and grows up

## The local singer/songwriter talks about rock-star revelry and rebuilding a shattered image

**by Benjamin Moore**




BENJAMIN MOORE PHOTO

**"I ended up almost punching out the drummer from The Killers. It was terrible. It took me a year to lose that stigma," says Stagger.**

Leeroy Stagger's Victoria apartment is perfect: walls covered in old Ryan Adams and Woody Guthrie posters, a guitar stand with a Simon & Patrick cedar-top sitting in the corner, and stacks of records supporting an old thrift-store turntable. You can tell a musician lives here.

"I love being at home," says Stagger, reclining on the sofa with a plate of sushi and a bottle of Sleeman's. "It's such a huge part of who I am."

Stagger, a 23-year-old from Shawnigan Lake, B.C., first fumbled his way onstage at the Logan's Pub "Hootenanny" in Victoria in the summer of 2002. Goaded into the challenge by singer/songwriter Carolyn Mark, he had no idea the decision would change his life.

"I was so embarrassed," says Stagger. "I was scared and quiet and out of key, and a terrible guitar player, too. It was just awful."

Mark, who has remained a close friend of Stagger's since that first night, is less critical of his debut.

"He looked like a rock star, so I figured he might as well play," says Mark. "I thought he was great. He had amazing stage presence."

Stagger was already familiar with the music industry due to work he'd done for Victoria's Hot Hot Heat earlier in 2002, selling merchandise for the band on a North American tour.

Mark's encouragement was all he needed to take it a step further.

Stagger began teaching himself guitar, and within a year he was on tour again with Hot Hot Heat, this time playing a song with the band every night. He opened a show in L.A., which only fuelled the hype.

"Getting these great write-ups and my picture in the paper all the time, and getting all these high-profile shows . . . I thought I was king shit all of a sudden," says Stagger.

The young musician met with an inflated, self-destructive rock-and-roll lifestyle, resulting in what Stagger refers to as his "learning period." It finally came to a head in 2003 when a wasted Stagger stumbled onto a Victoria stage in front of peers, critics, and a host of agents and promoters that had made the trip from Los Angeles. Stagger barely made it through four songs before the bar had cleared out.

"My cord was wrapped around my neck and I was doing the full-on Iggy Pop thing, rolling around in broken glass," says Stagger. "I ended up almost punching out the drummer from The Killers. It was terrible. It took me a year to lose that stigma."But Stagger knew that he'd have to if he wanted to make it in the industry.

"I decided to take a step back because I was drunk so much and I kind of lost my focus," he says. "Half of my band quit and the other half I fired, so it was just me and my guitar for bit."

Stagger began touring as a solo artist, rebuilding himself and his image from the ground up.

"I'm someone who's always set pretty high standards for myself, and yeah there's a time to party, but I don't want to turn into a burnout by the time I'm 25," he says. "This is a job, a profession, and you have to work hard at it if you want to make it last."

Kobe Van Oostenbrugge, Stagger's girlfriend and the one he credits with keeping him in check, says that while he has his moments, the musician shows no sign of falling back into old habits.

"When I met him, he'd just gotten off tour with Hot Hot Heat and he thought he was the shit," she says. "Since then he's definitely mellowed out and matured a lot."

Since his decision to start fresh, Stagger has reformed his band, completed several tours in North America and the UK, performed at the legendary SXSW music festival in Texas (in 2005), and released two albums, *Dear Love* (2004) and *Beautiful House* (2005). A third, tentatively titled *Depression River*, is currently underway.

"I'm taking the Tom Petty/Bruce Springsteen/Steve Earle approach to things," says Stagger. "It's a kind of blue-collar ethic. I'm working hard to get everything that I get."

Stagger puts on some Gordon Lightfoot and begins clearing the table of sushi containers and empty beer bottles.

He sits down again and tries to sum it all up.

"There are those nights when the music changes something in someone," he says.

"It hits them the right way, and you can just tell, whether they say it or not. If one person comes up to me at the end of the night and says, 'That song means a lot,' that's the reason I do it."

*For more information, visit www.leeroystagger.ca. Check out Leeroy Stagger live at Logan's Pub on Feb. 17 (www.loganspub.ca).*

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# Revisiting Victoria's very own house of wax

**by David Karp**

DAVID KARP PHOTO

**Among the museum's hyper-realistic attractions is the popular Chamber of Horrors, depicting forms of torture and execution. If gore's not your bag, try Storybook Land instead.**

It's not just for tourists. The Royal London Wax Museum in downtown Victoria can be plenty of fun, even for locals.

"There's quite a bunch of locals who come through here," says Greg Owen, an employee at the museum. "We get a lot of families and UVic students who are new to town."

Located across the street from the Legislature, the wax museum features over 300 wax figures ranging from Snow White to Adolf Hitler. Each wax figure, made in London, costs between $9,000 and $15,000 and takes anywhere from from six months to over a year to complete. The attention to detail on the figures is impeccable—the hair on wax figures is real human hair inserted strand by strand into the head.

The museum is constantly updating its collection. Its newest additions are George W. Bush and an older Queen Elizabeth II, both of which have been around for a couple of years. The museum is ordering a new figure for its 45th anniversary this year, but there's no word on who it will be yet.

"Maybe they'll get one of Stephen Harper," says Owen.

Entering the wax museum, its British feel is noticeable immediately. The Queen is the first figure greeting visitors, while regal trumpets play over the sound system. The first gallery is a collection of British royalty, including the current Royal Family with Princess Di and the Queen Mother, minus Camilla Parker Bowles. George W. Bush stands across from the Royal Family with Jean Chrétien and other former Canadian and American leaders. Harper and Paul Martin are noticeably absent.

But the wax museum quickly loses the prim and proper in favour of more grizzly scenes. The Chamber of Horrors in the museum's basement houses disturbing depictions of death and torture.

Madame Marie Tussaud, famous for her wax figures, sits at the entrance to the chamber. During the French Revolution, Tussaud was arrested and forced to make death masks of guillotined prisoners or face execution herself.

Death masks were wax imprints taken from peoples' heads after they died, allowing for accurate sculptures of the person. The last wax figure to be created from a death mask was King George VI, who died in 1952.

In one gory scene, a man is shown with a guillotine chomping down on his head. The executioner holds a sign reading "Is That Your Final Answer?" while three severed heads sit in a bucket below the guillotine. The eyes of one head shift side to side while another head shakes sporadically every few seconds.

For the squeamish, the Chamber of Horrors can be bypassed in favour of Storybook Land, featuring charming figures like Snow White and the Seven Dwarfs, Walt Disney, Geppetto and Pinocchio, and a scene from Alice in Wonderland.

The museum is not all wax. There is a display of replica swords from different eras, as well as replica crown jewels. There is also a medical kit from the First World War, outer space trivia, and a movie about voyages through the Northwest Passage.

But wax statues are the main attraction. The detailing on the figures is absolutely stunning. Although they are perfectly still, it is easy to believe the figures will suddenly come to life. When you step outside the museum, real human beings look oddly surreal.

The figures capture a slice of history, with scenes from the U.S. Civil War, the Plains of Abraham and statues of history-makers like William Shakespeare, Babe Ruth, Mahatma Gandhi, Elvis Presley, Albert Einstein, and Caesar with a topless Cleopatra.

As for visitors' favourite attractions, it's a toss-up. Jesus, Mother Theresa, Terry Fox, the Chamber of Horrors and George Bush are some of the most popular, says Owen.

His colleague, Michael Pollard adds, "There are a lot of people who finger George Bush and make really obscene gestures."

*For more information about Victoria's Royal London Wax Museum, visit www.waxmuseum.bc.ca or call 1-877-WAX-FACT.*

## CD | C'MON

C'mon
*In the Heat of the Moment*
MapleMusic/Universal

**by Adrienne Ewart**

"I got stains on my jeans, I don't care 'bout your bullshit scene," Ian Blurton sneers on "Burn All Night," a track off Toronto-based C'mon's second full-length album, *In the Heat of the Moment*. The former Change of Heart and Blurtonia frontman's latest power trio includes ex-Nashville Pussy bassist Katie Lynn Campbell and drummer Randy Curnew (also formerly of Blurtonia).

The band has been busy in the just over two years they've been together, and there's no indication that they'll slow down any time soon. They've released two EPs and two full-length albums and toured Canada coast to coast more than a few times.

*In the Heat of the Moment* is straightforward and simple in a world of too-polished popular rock. This is a gritty, riff-heavy rock-and-roll record with the utter power of AC/DC and enough Southern influence to make you want to get up and groove (particularly to the danceable "I've Got A Fever").

C'mon's unpretentious, slightly sleazy sound and unrelenting touring schedule have made them the poster children for underground Canadian rock. With no string quartet or nine-minute opus in earshot, these 13 songs are short and to the point, clocking in at just over half an hour altogether.

There's no fuss, no filler and one thing is for certain: C'mon definitely feels the noise.

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BOOK | KILL THE ROBOT

# The Hidden Cameras' Maggie MacDonald gets 'physical' with sci-fi

*Kill the Robot*
By Maggie MacDonald
McGilligan Books

**by Amy Geddes**

A disease that turns people into robots? Is this book science fiction or a satire of a society inundated with pop technology? Last time I checked there was an iPod growing from my hand, and I've seen others fondling similar silicon companions.

While this book isn't exactly about Apple or Microsoft, you don't have to squint your eyes too much to see that the world in *Kill the Robot* looks freakishly similar to our own.

This is an illustrated, punk/rebel sci-fi novel that characterizes the dissociation of the mind from the body as a sickness. Publisher McGilligan is billing the book as "punk rock meets a high-tech *The Handmaid's Tale*."

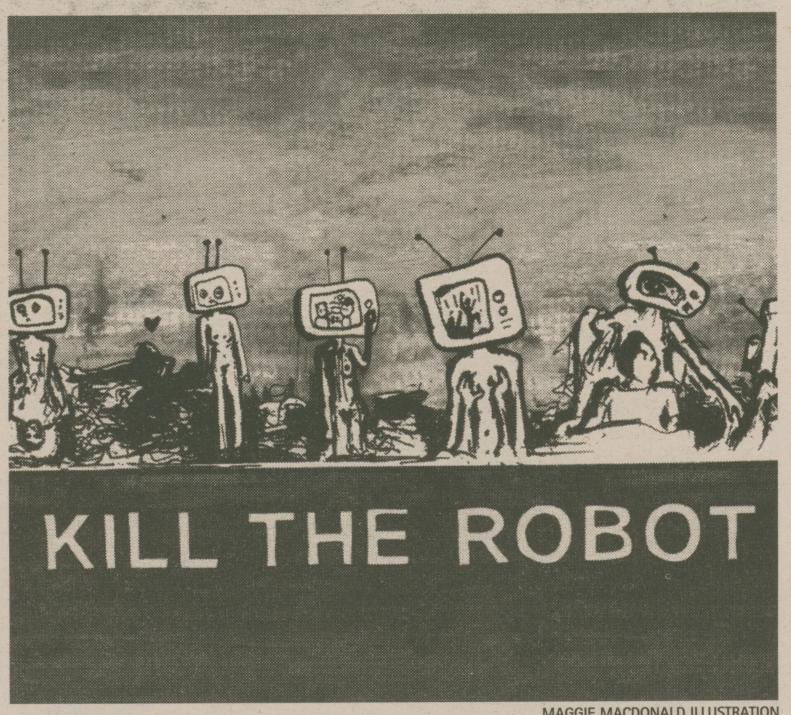
Set in a world where Ronald Reagan was assassinated, *Kill the Robot* is just one chilling step away from how the Cold War could have panned out. The book reads perfectly by the light of a fresh glow stick, accompanied by a stiff vodka martini.

Author Maggie MacDonald read passages aloud, uninhibited, in front of a couched audience in James Bay on Feb. 5. While this is her first published novel, she has been busy: MacDonald is an artist and comic-book illustrator, she wrote the rock opera *The Rat King* and the award-winning play *A Clockwork Gorbachev*, she fronts the band Republic of Safety and plays keyboard for The Hidden Cameras. To cap it all off, MacDonald was an NDP candidate at the age of 20 in her hometown of Cornwall, Ont.

She is smart, focused, and the best kind of anarchist: encouraging rather than in-your-face aggressive. In *Kill the Robot*, she describes a dystopia in which global living conditions are degrading; we think we're reading sci-fi, but parallels to modern society aren't hard to spot. MacDonald finds oppression in the real world and presents it as disturbing fiction.

"It's just like turning up the heat a smidge" she says. "Taking the real world and letting it reach boiling point. The water is already warm."

During her visit to Victoria, MacDonald read aloud as the audience called out random page numbers. It was kind of like a bingo game, except with thinking involved. We got to know Moore White, the insecure girl secretly obsessed with Chernobyl who fears the end of the world. She feels uncomfortable in her own body and has boring, mechanical sex with her boyfriend, Dick. She can feel something is wrong with her organs, and experiences a divide between mind and body, which she perceives as something other than herself. There is the constant glow of the Tee Vee, and "Esoft" hovers nearby as the world-dominant tech corporation.



MAGGIE MACDONALD ILLUSTRATION

**MacDonald's dystopic illustrations punctuate the narrative.**

The book is peppered with MacDonald's own sketches, equal parts *Nightmare Before Christmas* and *Emily the Strange*. While the story and images are all tastefully dark, Mac Donald says her message is optimistic: "If you think things are bad, act now before things get worse. We have choices today; we have options the characters in the novel don't have access to."

MacDonald explains that a lot of sci-fi sees the body as irrelevant. The stories describe a romance with machines, and audiences seem to be entertained by the idea of someone having a computer chip inside their brain that controls their thoughts.

Unlike other sci-fi, she says, "this book is a physical book. It is about the physical experience of the body. I am for the radical acceptance of the body and all its forms. And that's my position."

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## BOOK | THE STAR WARS POSTER BOOK

*The Star Wars Poster Book*
By Stephen J. Sansweet
& Peter Vilmur
Raincoast Books

**by Graham Stark**

A long time ago—1976, to be exact—the first ever *Star Wars* poster was produced. There were 1,000 printed, and they were sold for $1.75 to promote the film before its release.

They now sell for over $400.

Stephen Sansweet bought one of those posters in 1977, and it was his first *Star Wars* purchase. He currently owns the world's largest private collection of *Star Wars* memorabilia and is Lucasfilm's director of content management and head of fan relations. Who better than he and Lucasfilm Content Developer Peter Vilmur to compile the definitive compendium of *Star Wars* posters?

According to *The Star Wars Poster Book*, a good movie poster should be the perfect mix of marketing and art, an ideology backed up by the book's over 2,000 posters spanning more than 28 years of *Star Wars* history.

The generation of people who weren't around when the original movies opened don't know how groundbreaking and astounding they were at the time. *The Poster Book* gives some indication of the sheer volume and variety of the posters, including a "birthday" poster made for theatres that were still showing *Star Wars* a year after its initial release.

Some of the more interesting designs are from Asian and Eastern European countries—most notably Poland and Russia—where the artists took some pretty heavy creative licence and, in some cases, probably hadn't bothered to watch the movie.

PROVIDED IMAGE

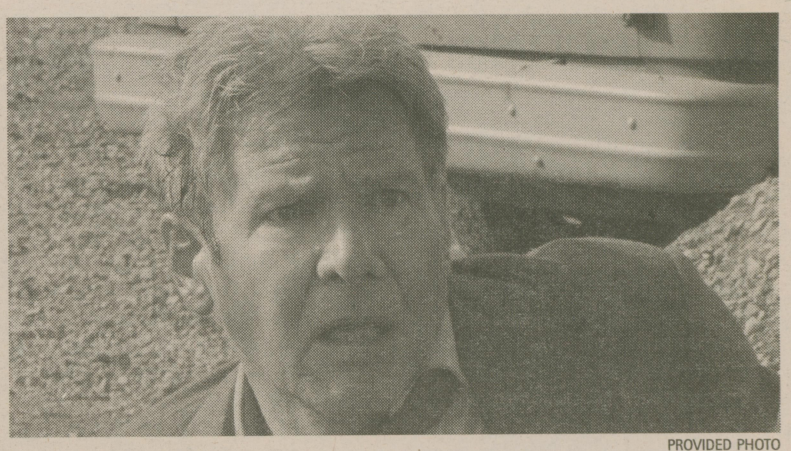
**A poster by artist Boris Vallej, sponsored by Coca-Cola.**

One German poster even has a political message. A triple bill of all three movies was organized around the time President Reagan's "Star Wars" defence plan was getting a lot of press. The poster featured cut-outs of "Star Wars"-related newspaper headlines with the caption "Better on the screen than in the skies."

More than just movie posters, the book includes print ads and other marketing materials for everything from action figures and video games to *Star Wars* orchestral performances—even packaging for *Star Wars*-themed ice cream treats filled with "Jedi Jelly." Yum.

A hefty hardcover, this is a book for the *Star Wars* fan, the graphic designer, or anyone with an unhealthy passion for poster design (you know who you are).

## MOVIE | FIREWALL



PROVIDED PHOTO

# A decrepit Han Solo battles bank robbers

**by Briony Smith**

Harrison Ford's iron-clad grip on the production of his more recent movies ensures a level of popcorn-light quality that will tickle the masses but tranquilize discerning moviegoers. The star's $20-million price tag means he has to take on projects that will give studios a good return on their investment and maintain the Harrison Ford brand.

*Firewall* is no exception.

Our hero is Jack Stanfield, Ford's usual upper-class businessman beset by a 90-minute problem solvable only with his fists, stony visage and the occasional wisecrack. We have our standard thriller plot to match—baddies kidnap his family and threaten to kill them if he doesn't help them steal $100 million from the bank where ol' Jack works as a security specialist.

The head baddie is your boilerplate villain. Tall and menacingly British, character actor Paul Bettany was tapped for a thankless role that doesn't allow him to actually be scary. He constantly puts guns to people's heads and occasionally threatens Ford's eight-year-old moppet, but you never get the impression that he's going to do something *really* nasty.

While viewers know that Ford will triumph and the bad men will be punished, the film is too confident that everything will be all right. There would be a lot more thrills if, for example, Bettany chopped off the moppet's foot and fed it to the cutesy dog. Instead, he makes the kid pancakes.

Most viewers won't expect a masterpiece, but it's the neat, never-seen-before details that make formula thrillers watchable. *Firewall* is sadly bereft of such delights. The dialogue is embarrassingly routine—"I want to know what you want, and I want to know now," Ford bellows.

The talented Virginia Madsen is wasted as Ford's wife. We know only that she is an architect (established by her mentioning some "plans" and working on a house sketch), which comes in mighty handy when—you guessed it!—she has to try and escape the family home that she designed.

Bettany's cronies all seem too dumb to be scary, and by the time they reach their inevitable demise, there is no elation—just a déjà vu sense of checking off items on a grocery list. While the film does acknowledge Ford's decrepitude (he's 63) by showing him fall down a couple of times while trying to pull off stealth moves, his apparent invincibility in the final battle is laughable, stretching the Teflon hero archetype to ludicrous extremes.

It's all capped off by one of the most horrific examples of *deus ex machina* to hit the screen in a while. But since it's among the film's only effective surprises, we won't ruin it for you.

Plot points click neatly and loudly into place, ending with a J. Crew tableau of everyone safe and sound. If you can remember a single thought-provoking film, this is its polar opposite. That's Ford's job, after all—to be the face of thoughtless Hollywood diversions—and *Firewall* is a job well done.

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BAND PROFILE | FURY AND THE MOUSE

# A 'dance-rock revolution' from Saskatoon

**by Wesley Scott**

Imagine the sound from your favorite Nintendo games mixed with driving punk-rock rhythms. That's Fury and the Mouse in a nutshell.

"Somebody told us we sounded like New Wave/Prog-Rock/Disco," says singer/guitarist Brooke Wilken, 22.

"Was that someone me, because I think I made that up," says drummer Christopher Reimer, 25. "I think it's funny because it's all the genres people hate usually—but we make it sound really, really good."

"We really aren't this pretentious!" laughs keyboardist Blair Brooks, 25, while bassist Jodie Thomson, 26, sits quietly, grimacing at the rest of the band.

Indie-rockers Fury and the Mouse moved from Saskatoon last summer and hit the local scene with their synth-based indie-rock sound. Playing with local bands like Away Ri'o!, Counting Heartbeats, Ghosts, Hank & Lily, and The Paper Cranes, the band has been making their mark on the Victoria scene.

"It's a different feel out here, but the [music] scene is really similar [to Saskatoon] in a lot of ways, and everyone here has been so supportive," says Wilken.

"The art/music scene is really tight here, just like Saskatoon, so it's like moving from one home to another," says Thomson.

Don't mistake Fury and the Mouse for your everyday indie-rock band. The group sets themselves apart with their focus on upbeat danceable rhythms.

"We're here to start a dance-rock revolution," says Thomson. "People don't dance as much at shows here," says Wilken, while Brooks jokes, "Maybe it's because of the weed."

While she's no Jimmy Page, Wilken provides steady classic-rock riffs with a hint of distortion. Her impressive vocals range from sweet-and-innocent schoolgirl to wild grunge-rocker, interweaving nicely with a fun set of lyrics and a gorgeous look.

WESLEY SCOTT PHOTO

**Singer Brooke Wilken: "People don't dance as much at shows here." Keyboardist Blair Brooks: "Maybe it's because of the weed."**

Thomson's funk-inflected bass complements Fury's synth rhythm, but by no means leads the beat. That's probably for the best, as it allows the bassist to contribute something more personal than a plodding bass line. Her stage presence plays another helpful role—nothing screams indie rock like a female bassist with a faux-hawk dancing on stage.

Brooks' synth piano holds it all together. While his sound changes from song to song (a dash of '80s video game noises, a sprinkle of New Order), it's Brooks' memorable keys that define every track.

So what do Fury and the Mouse want to get out of this? "Money and chicks!" screams Brooks.

"Success is secondary, it's more about the experience," says Reimer. "I don't expect to make it big or anything."

"And we're not about to jump into a relationship with anyone," says Thomson. "It'd be nice to kind of exist in an independent music state . . . and support ourselves on that," says Wilken.

*We've Always Been Nervous People* (2005), the group's debut album, is fun, but far from perfect—more a demo than a polished LP.

"It was pretty rushed," says Wilken, noting that the band's standards were not met because of pressures to finish recording quickly before the move to Victoria. But the record is still very enjoyable, featuring tracks like "Without Pictures or Conversation," "Advice From A Caterpillar," and "Usurpation and Conquest." For the hesitant shopper, sample tracks are online at MySpace.com

If you're looking for a good place to shake it, watch for upcoming Fury and the Mouse shows on www.myspace.com, www.livevictoria.com or on the band's new website, www.furyandthemouse.com.

CD | JAY DUNPHY AND THE RELIGION

Jay Dunphy and The Religion
*Season of the Deadened*
Independent

**by Stephanie Glover**

I gave Jay Dunphy and The Religion a fair chance. I really did.

The songs on their latest album, *Season of the Deadened*, begin convincingly. Each starts with a soft, country melody. Nothing wrong with that.

The problem is Dunphy's voice. All the potential of this album is obliterated by irritating, cringe-inducing vocals. Essentially, it's a painfully contrived imitation of Bob Dylan. Why, Mr. Dunphy, are you using your voice in such an artificial capacity? Did you not learn in elementary school that being a first-rate "you" is always better than being a second-rate "somebody else"?

Bob Dylan does not have a flawless voice, but it is a great voice because it's a *real* voice. Trying to replicate Dylan's imperfections proves to be disastrous for J.D. Artistic influence is inevitable, and it is almost always audible, but it doesn't have to sound like crap. Ryan Adams certainly draws inspiration from Dylan on songs like "Nobody Girl," and it works.

On *Season of the Deadened*, it doesn't. I suggest Jay give up this lame-ass style and start embracing his own voice. Don't sing like Bob Dylan—sing like you.

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# Racing father time

## The number of runners aged 40 years and older is growing—but their race times are falling

**by Stefan Currie-Roberts**

On Tuesday mornings, Maurice Tarrant leaves his Central Saanich home for a 12-kilometre run. On Thursdays, Tarrant runs about 10 km, leading a group from the Prairie Inn Harriers running club.

When the racing season began in January, Tarrant ran more—anywhere from 30 to 50 km per week. While he competes mostly in local events like the Vancouver Island Racing Series, he can compete anywhere—Tarrant holds 48 Canadian running records. He ran the most recent Times Colonist 10K in 42 minutes, 13 seconds, an average of 4:13 per kilometre.

Maurice Tarrant is 76 years old.

At first glance, it might be easy to dismiss Tarrant as an unusual example of a die-hard runner. But he is not alone. Runners over 40 are more common in races and on running paths across North America than ever before. At last year's Boston Marathon, 43 per cent of runners were over 40. In 1980, the number was only 23 per cent.

And not only are older runners becoming more common, they are getting faster as well.

In a 16-year study of 415,000 New York Marathon finishers, researchers at Yale University found significant differences between the personal improvement of the young and old. While the average race times for runners under 40 had hit a plateau, the times for those over 40 had decreased—sometimes remarkably. For example, researchers found that the average race time for one female runner over 60 decreased by 3.79 minutes every year.

WILLIE LI PHOTO

**Maurice Terrant, 76, runs up to 50 kilometres per week and holds 48 Canadian records in the sport.**

"When I was younger, there were no older runners," Tarrant said in the fall. "It just happened in the 1980s."

Tarrant was always active, but he didn't start running competitively until he was 55 and his employer installed a fitness complex where he worked. He ran every lunch break, six days a week.

Now he runs to "stay healthy and enjoy life more." But why are so many people over 40 doing the same?

"There has been a change in attitude in the general population," said Dr. Bruce Howe, a UVic-based sports psychologist. Howe has worked with elite and aging athletes for more than 30 years and said that the general perception of aging and fitness has shifted in the past two decades—people in their 50s and 60s aren't perceived as fragile anymore.

Tarrant said that it would be hard to imagine his father in spandex or running shorts, but over the last 20 years things have changed, mostly because health issues are increasingly covered in the media.

Dr. Charlie Ireland, a Victoria-based family doctor, agrees. He suggests that there are more older runners because, at a certain age, people become more conscious of their own health.

"When you hit 40, you start thinking 'How am I going to feel 20 years from now?' You don't feel immortal anymore."

While Ireland admits that running can result in injury, he said the health risks of being sedentary far outweigh those of being active.

For those finally getting the fitness message, running is usually a good fit. "You don't have to buy a $5,000 bike," said Bob Reid, director and treasurer of Victoria-based Prairie Inn Harriers running club. "There are no fees, no uniforms—you can run in rags if you want to."

Reid, who has been a member of the Harriers since its inception in 1978, estimates that around 50 per cent of the Harriers' 345 members are over 40, a percentage that has increased over the years. Reid notes that while all the members join to get fit, many join because of the social aspect of running as well. Unlike swimming or a team sport, you can chat while you run, and running clubs like the Harriers offer social functions as well as training runs and races.

Tarrant agrees, noting that the Harriers' "Thursday Morning Gang" is mostly retirees who socialize as much as they run.

Howe also notes the recent surge in "age-group running."

In competition, age groups usually divided by five-year increments. Fifteen years ago, age groups generally offered a blanket 60-plus category for older runners. Today, there are four or five age groups for those over 60. In 1990, the Times Colonist 10K had one category for people over 60—it now has four.

Tarrant, who recently entered the 75–79 age category, is unbeaten within his group for the last 150 races.

"It has become very competitive," Howe said. "[Older runners] want to prove that they can [compete] and do it competently. They want to show they're as good as anyone else."

While Tarrant said that he runs for fitness and enjoyment, he does admit that everybody is competitive. "I use an age grade calculator that takes age, distance, and time to give me a 'performance percentage.' I strive to be at 90 per cent [of my physical capacity]."

Instruments like the age grade calculator give older runners the opportunity to analyze their performance within the context of their age.

But Tarrant is quick to point out that while it's fun to set records and win races, he runs because it makes him feel good.

"It's nice to set records, but I'd never get hung up on it."

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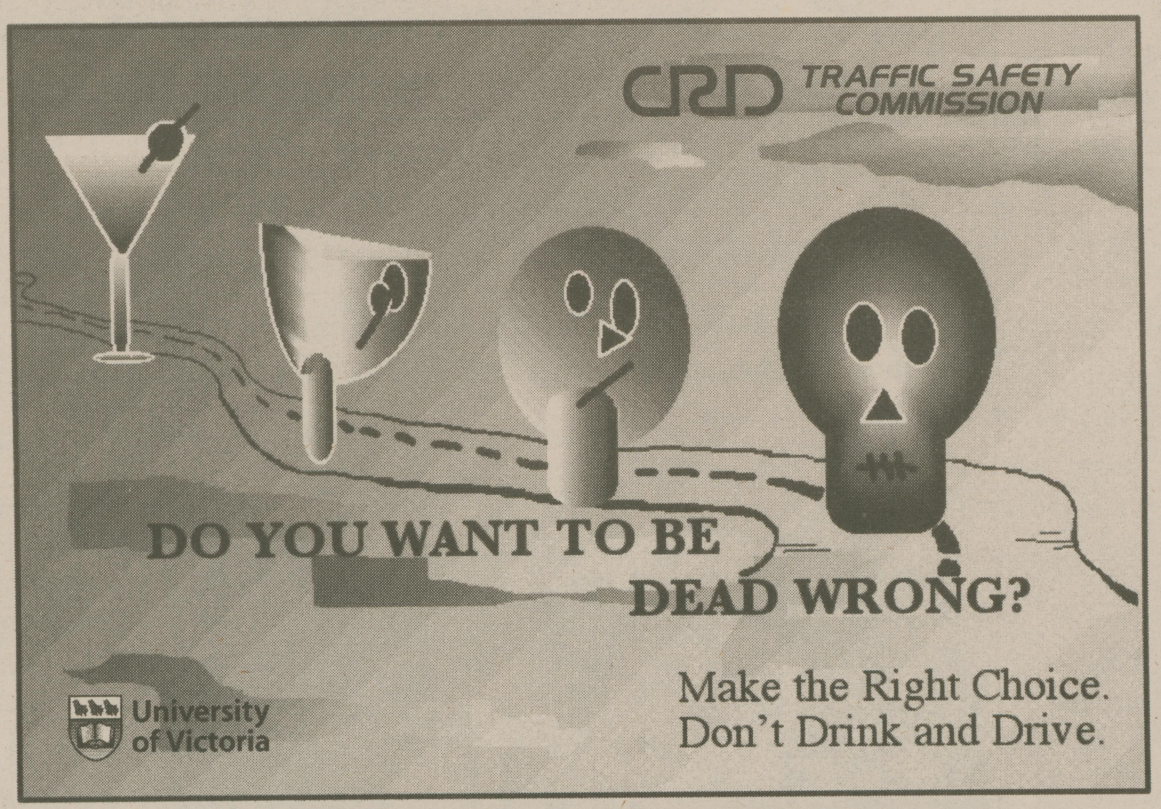


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# B.C. basketball rivalry 'going to be a battle'

by Clarke Ries

What do you get when an unstoppable force meets an immovable object? The philosophy department says a logical impossibility. Hockey fans say a lockout. Thunder, the Vikes mascot, might say top-notch basketball.

In the last case, the UVic and UBC men's basketball teams are on a collision course and are expected to clash in the Pacific Division Final Feb. 24–26.

The Vikes and Thunderbirds have a long and gritty history that stretches back decades. From 1980 to '86 the Vikes won seven straight national championships with varsity coach Ken Shields, who previously played for the T-Birds.

Current UBC head coach Kevin Hanson also played for the T-birds before making the switch to coach the same team, and his past is tied up in Vikes legend as well.

"During my last year [as a player], I was on the '87 team that finally won against Shields and broke his seven-year championship streak," Hanson said. Under Hanson this season, the T-Birds are undefeated and downed the Vikes in three separate meetings by a combined 28 points.

Vikes veteran and team captain Chris Trumpy said that the upcoming division final will be a grudge match of epic proportions.

"The rivalry has been huge. I remember coming to games and the stands are packed, UBC fans running onto the court, getting kicked out of the game," said Trumpy, remembering the days before he played varsity ball. Geography, he believes, plays as much a role as history in fanning the flames of antagonism.

"It's intense because of the proximity of the schools and the traditions of both programs," he said.

MEGAN STEWART PHOTO

**Vikes head coach Craig Beaucamp (centre) preps his team for the post-season. UVic faces Trinity Western Feb. 17 at McKinnon Gym for the first game in a best-of-three series.**

Hanson knows what is coming too, even if there is a deceptive gap in the standings between the unbeaten T-birds (20–0) and the Vikes (15–5), ranked third of 13 in CanWest action and third across Canada.

"It's going to be a battle," Hanson said of the impending match-up. "It's going to be a true CanWest battle, and whoever wins is going to have to grind it out."

UBC and UVic, ranked first and second in the five-team Pacific division, must first eliminate their opponents in the semi-finals. The T-Birds will face SFU (5–15) while the Vikes take on Trinity Western (10–10). No one expects either the Vikes or T-Birds to lose.

Craig Beaucamp, the Vikes head coach, believes UVic and UBC basketball approach the game in fundamentally different ways.

"Vikes' style of basketball right now is tough, man-to-man defence and a very pass-oriented offence, with a focus on team play," he said.

Trumpy agrees. "We like to grind people. We like to play with a bit of an edge and some toughness."

Beaucamp has been busy the past two seasons teaching that style to an inexperienced but talented UVic squad. "We're still a very young team," he said, but in no way offering an apology. "I think we've recruited very good people, not just basketball players. I think we've recruited good students, good citizens, and that makes the coaching staff's job easier."

Foremost among the new recruits is 2005 B.C. Male Athlete of the Year, Jacob Doerksen, who leads the team in both rebounds and points. Without pausing to think, Beaucamp reels off the traits of the rookie player he considers blue-chip.

"He has very good hands for a big man. He's six-foot-seven, 230 pounds, but he moves and runs well," he said. "You combine hand-eye coordination, toughness, his ability to sprint, and he finds ways to be successful, especially on the offensive side."

To complement their tenacious defence, UVic is looking to put some points on the board over the post-season. Trumpy and Doerksen play together on the court and room together on road trips—the mutual respect is clear.

"He's a mature 18-year-old guy," Trumpy said of the rookie, "and he understands what it takes to win. I think that's something he and I both share."

"We have great chemistry," agreed Doerksen. "Trumpy's a smart guy, both on and off the court."

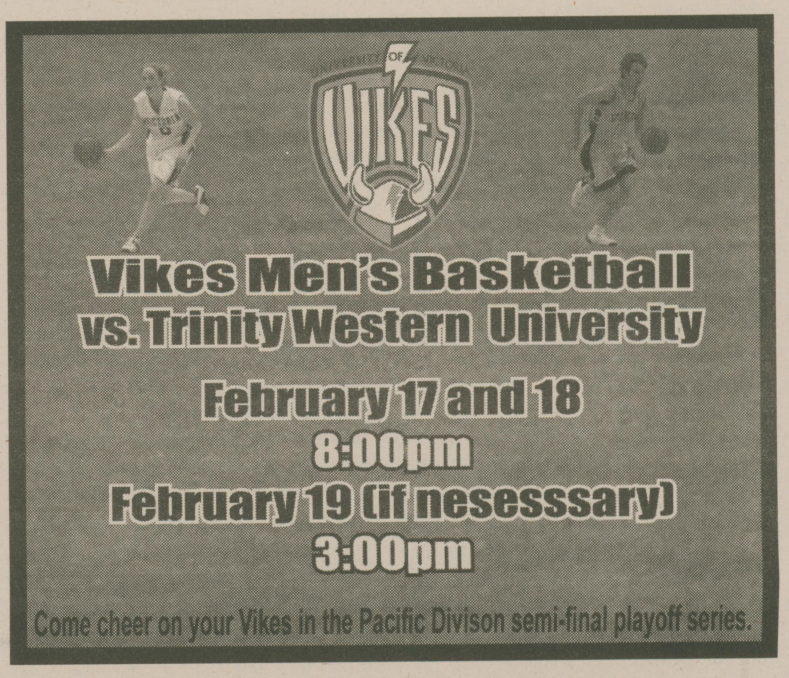
Putting UVic's proven defence to the test is league-leading scorer Pasha Bains and the league's biggest offensive powerhouse bar none. UBC head coach Hanson is fully aware of the opportunity for his team to go all the way.

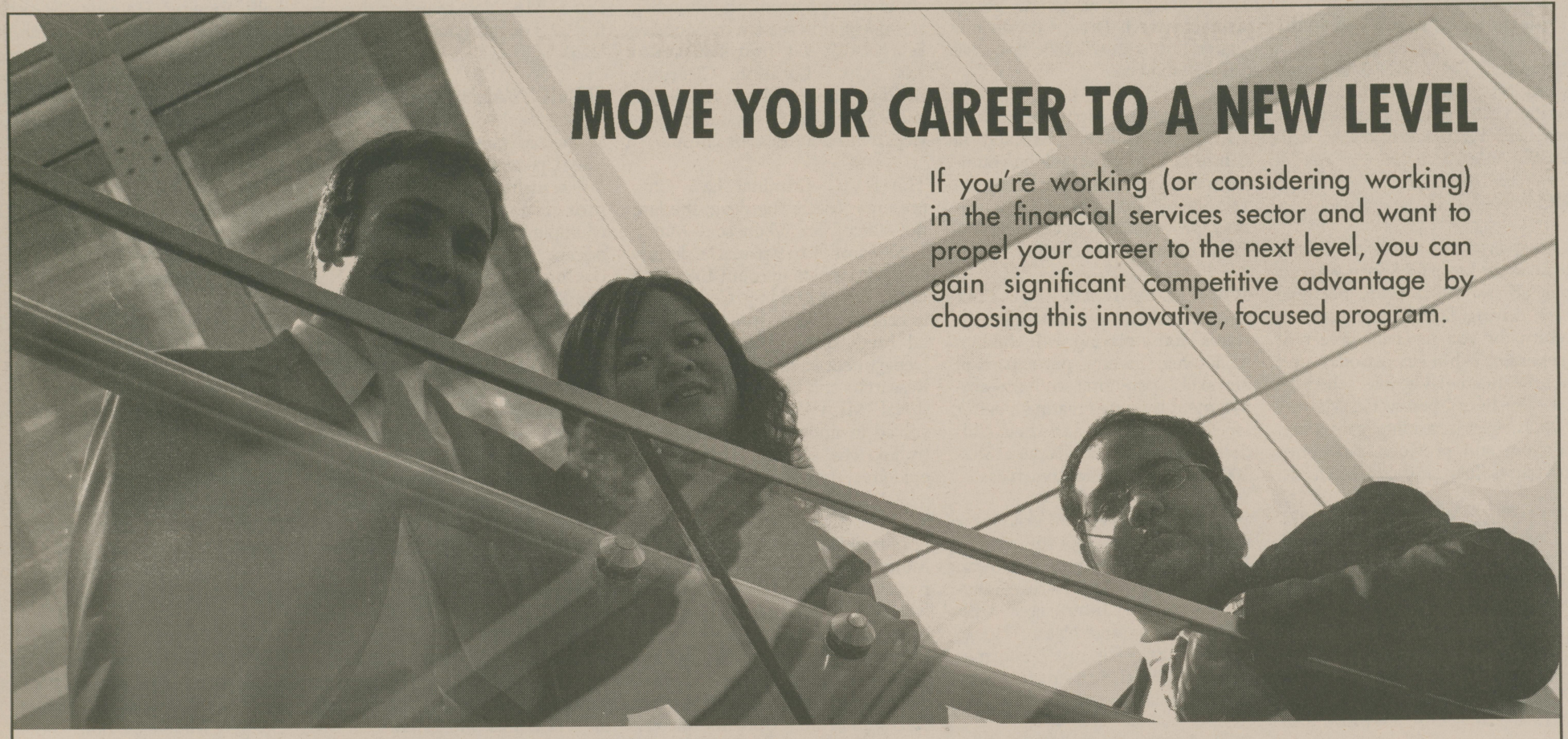
"My vision of this team has always been to have production on the floor—to build up a team that could contend for a national championship," he said. "I think we're almost there.

"We've gone to a running-style game to make use of the fact that Bains is the best full-court player in the CanWest division. Because of him our point production is up 25, maybe 30 points a game," said Hanson.

Trumpy replies with laid-back confidence. "We've just got to play solid team defence and help each other out. We have enough good defenders on our team that we can slow [Bains] down. He's a great player, but we'll make sure that every shot he shoots is contested.

"Nothing easy."

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ADVICE | STUDENT WELLNESS

# The seven commandments of winter health

by John Rieti, *the Muse*

ST. JOHN'S, NFLD (CUP) — Students have a habit of trashing their bodies over holidays and reading breaks. One too many parties, one too many "last drinks," one too many rounds with the hash pipe are showing their effects.

So, the winter semester begins and people hit the gym with reckless abandon. Those guilty of Christmas-induced health damage pour into the athletic centre eager to make amends. The weight room is packed solid with non-regulars every evening of the week.

At Definitions, a downtown gym in St. John's, Newfoundland, Mike Wahl is used to the winter rush. A human kinetics and recreation master's student and co-founder of the city's most exclusive gym, Wahl looks refreshed and in perfect health with no giveaways of February health failure.

While being out of shape is no laughing matter, Wahl is all chuckles when describing how easily he can help someone achieve fitness goals. Wahl has packaged these ideas into a lifestyle he calls Power Living. It contains seven habits to follow that should provide lasting health benefits and more energy for day-to-day life.

### One: Have thyself a fitness plan

Having a plan means reflecting on your current physical state and deciding on your health goals. After thinking about your body (possibly on a Sunday morning with a killer hangover), you have to decide what workouts will help achieve your goals.

### Two: Thou shall work thy muscles

Luckily for unorganized gym-goers, the next two habits are resistance and cardiovascular training designed to create a healthy routine. These two habits include three weight workouts and 30 minutes of cardio three times a week.

For example, to build lung capacity and provide cardiovascular gains, just do an exercise like running or biking for half an hour with a heart rate between 120 and 140 beats per minute (check your pulse). Weights don't need to be all that heavy and typically require only three sets of 12 lifts.

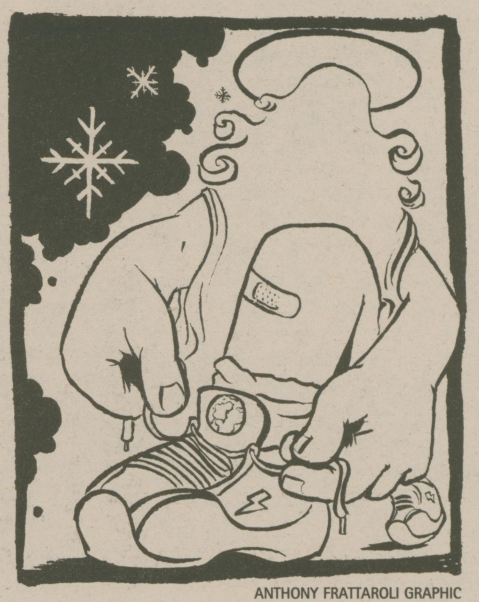
### Three: Thou shall feed thyself

Now, here comes the tricky part. Immediately after working out, the body craves nutrients. Eat something protein-filled within half an hour of any type of exercise. If you don't, the body ends up consuming itself—instead of seeing benefits from working out, your body will feel horrible.

### Four: Thou shall feed thyself well

Another habit of Power Living is eating right. Wahl insists even res kids can make the right choices and eat healthily in the cafeteria.

The key component of Power Eating (which contrary to the exciting name has nothing to do with gulping down hotdogs) is eating six times a day. The three main meals—breakfast, lunch and dinner—remain the same, with breakfast first and most important. Snacks, like vegetables, chicken strips, or almonds and fruit should be eaten between meals.



ANTHONY FRATTAROLI GRAPHIC

### Five: Thou shall supplement thy diet

Wahl suggests taking a multivitamin daily as well as protein shakes after workouts. Healthy fats such as omega-3 fatty acids are also important in supplementing the body.

### Six: Thou shall drink water

Of course, the sixth habit is to wash everything down with the recommended eight daily cups of water.

### Seven: Thou shall have faith

Many may think there are a lot of changes to make. Indeed, Wahl's system is very lifestyle-oriented, but he says it is the only way to really achieve change and maintain it.

He worries about specialty diets like Atkins or The Zone, as he believes most of these diets are ineffective and possibly dangerous. He says the most important thing for students to do is arm themselves with knowledge about their bodies and what they are putting into them.

Above all, motivation is the most important factor. Unfortunately, Wahl has no guide on Power Motivation, but says this time shows strain and fatigue.

Many people work out for cosmetic benefits, but it is the emotionally driven who Wahl thinks succeed the most.

"You know, it's like when you have a paper, you don't do it until the last minute," said Wahl. "Yeah, many people leave their fitness until times of emotional crisis like January or February, but anytime is a good time to start.

Use the reading break as a reason to get outside and gain a little momentum that will grow more intense as the days long.

# Classifieds

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## FOR HIRE

ROOF & GUTTER INSPECTION AND REPAIR/REROOF & DEMOSS. 380-5685.

Writing/Editing: essays, papers, projects by experienced, professional technical writer and journalist. Telephone 592-2182.

**Professional Resumes 818-8448.**

ENGLISH TUTORING: ESL conversation, pronunciation, academic writing. Also editing services. Exp. teacher, TESL Cert., M.A. 920-9930.

## HELP WANTED

Caregiver/Companion to elderly woman 20 km past Sooke with no bus access. Meal prep, personal care, driving, light cleaning, etc. in return for you receiving free rent (separate cabin in woods) and hourly income. Flexible schedule, 30 - 40 hours per week. Mature, N/S. Interest in reading, gardening, cooking and previous experience are pluses. Joan. 250-646-2662.

SUMMER WORK: SUMMIT CAMP IN PENNSILVANYA IS LOOKING FOR EMPLOYEES TO WORK WITH CHILDERN WITH ADHD AND LEARNING DIFFICULTIES. EMAIL YOUR RESUME TO summitcampbc@hotmail.com OR PHONE 881-4928. FOR MORE INFO ABOUT THE CAMP GO TO www.summitcamp.com.

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## VOLUNTEERS WANTED

Make a world of difference! Volunteer overseas with Youth Challenge International on a hands-on development project for 5 – 12 weeks. Ready to go next month? This summer? Visit www.yci.org to find out more!

Join Kidney Foundation volunteers canvassing in a neighbourhood near where you live for 2 hours in the month of March. The monies you raise benefit Kidney Patient Services, Medical Research, and Organ Donor Awareness Programs. Contribute to the wellness and betterment of your community! To volunteer or donate, please contact March Drive Coordinator Laurie Rubin @ 995-2696 or e-mail lrubin@shaw.ca.

Gain teaching experience. Wild ARC wild animal rehabilitation centre in Victoria is seeking volunteers that can contribute to the development and delivery of education programs to local schools. Email info@wildarc.ca.

WANTED AND APPRECIATED: volunteer childcare assistants at Kiwanis House playing with children while their parents participate in life skills, parenting and pre-employment training creating a better life for themselves and their children. Contact Rachel Calder at 382-1004 or khp@youthoutreach.ca.

Seize the moment - new skills, new friends and new opportunities — Volunteer Opportunities at Swan Lake Christmas Hill Nature Sanctuary—Nature Interpreter with school groups and Nature House Receptionist. For more information call 479-0211 or email: volunteer@swanlake.bc.ca.

BE AN IN-SCHOOL MENTOR
Mentor a student in an elementary school 1 hour/week. Play games, sports, cook, read, do arts and crafts and other fun activities. Call Big Brothers Big Sisters at 475-1117 bonnie@bbbsvictoria.com.

## ON CAMPUS

Camp Mac-Kee-Nac & Camp Danbee is recruiting talented, energetic and fun loving students as counselors in all team sports, individual sports and specialty activities for summer 2006. Join our drop-in information session on Monday February 27th, 2006 from 10 a.m. to 3 p.m. in the Michele Pujol Room, Student Union Building. More details and RSVP at http://www.careerservices.uvic.ca/infosessions.html#camp.

AustraLearn, a non-profit organization, provides students with study abroad opportunities in Australia and New Zealand at the college/university level. Learn more about this opportunity by attending an information session on Monday, February 27, 2006 from 4:30 p.m. to 7:00 p.m. Location: Clearihue Building Room C115. More details and RSVP at http://www.careerservices.uvic.ca/infosessions.html.

The UVIC Criminal Law Club presents "Meth: the drug, the law, the effects" on Wednesday March 1, 2006 from 7 to 9 p.m. The discussion will be held in room 158 of the UVIC Fraser Building. Come listen to central players—from The Crystal Meth Society, Victoria Police Department, Centre for Addiction Research, and the BC Legislature (local MLA Rob Fleming)—involved in understanding and controlling what some have branded an epidemic. Refreshments provided.

Visit the UVic Sustainable Transportation Showcase on Wednesday March 1st 2006 from 10 a.m. - 2 p.m. at the Petch Fountain. Booths will be set up highlighting new transportation technologies such as smart cars, electric bicycles and hybrid vehicles. In addition, cyclists will be able to visit a free bicycle repair station and students, faculty and staff can access information on a myriad of local transportation organizations. Free event, rain or shine!

University Women's Club Scholarship Annual Evening of Music: Free and open to the public. A lively performance of classical piano, jazz and vocals by UWC Music Scholarship winner Nina Horvath and colleagues from the UVic Faculty of Music. Donations to the University Women's Club Scholarship and Bursary Fund gratefully accepted. Thursday, February 16th, 8:00 p.m. Philip T. Young Recital Hall, Maclaurin Building, University of Victoria.

THE NATIVE PLANT STUDY GROUP - FEBRUARY MEETING
"Where have all the flowers gone?" Ecological detective Emily Gonzales investigates the effects that herbivores and non-native grasses have on the native plants of our region. Thursday, February 16, 2006 at 7 p.m. sharp. UVic, MacLaurin Bldg, Rm D-116. Non member drop-in fee: $2. For more info contact 595-5820.

## SERVICES/ANNOUNCEMENTS

Witnesses wanted in an assault outside Upstairs Cabaret night club Friday night/Saturday morning, approx 1 a.m. January 28th/29th. Multiple bouncers assaulting 1 innocent patron who incurred serious injuries. Please contact Neil 778-881-3921.

On Saturday, March 4th, at 7:00 p.m., VIVA Choirs presents the annual "Spring Sing!" concert at St. Aidan's United Church, 3703 St. Aidan's St., near Richmond & Cedar Hill X Rd., featuring six choirs with conductors Connie Foss More, Inge Illman & Steven Price. Guest youth choir "Corazon" from Nelson B.C., conducted by Allison Girvan MacDonald, will be featured as well. Talented young people share folk and classical music from many cultures, including familiar works by historical and living composers, and highlighting songs with an African beat. Tickets are $12 adults, $11 seniors, $5 age 18 & under at Long & McQuade Music (Hillside), Ivy's Bookshop (Oak Bay), or at the door. Call 472-2655 or check www.vivachoirs.ca for information. Social Co-op Forum for Lower Vancouver Island. Fairfield United Church, Lower Hall 8:30 (registration and coffee from 8 a.m.) to noon.

**Victoria Queer Parents** is a parenting group for members of the GLBT community in southern Vancouver Island who are considering becoming parents, are expecting, or are parenting babies and toddlers. The group meets regularly in Victoria. For more information, contact us by email: victoriaqueerparents@yahoo.ca.

**FREE ACUPUNCTURE**
On campus stress clinic. We bill Green Shield directly. SUB upper lounge — Monday & Thursday 10 a.m.–5 p.m.

**Looking for custom embroidered clothing for your Rez floor?** Rez hall? Faculty? Fraternity/Sorority? Intramural team? Campus club/organization? We carry brand names like Modrobes, American Apparel, Gildan, Hanes.Call Rob @ 1-866-220-3861 or go to www.campushoodies.com for your free starter kit/catalogue.

The Punjab University, CHANDI GARH (U.T.) INDIA has been designated by the Ministry of Advanced Education British Columbia. If you are interested in obtaining education at the PUNJAB UNIVERSITY CHANDI GARH you can get a student loan from the B.C. Ministry of Advanced Education. For more information you can contact: mtatla@uvic.ca.

Is your life affected by someone's drinking? Help is available in the Victoria area. Call 383-4020 for more information or visit www.bcyukon-al-anon.org for more information.

Saanich Recreation offers fun and tasty cooking workshops for preteens, teens and adults in fully-outfitted demonstration kitchen at Colquitz Middle School. www.saanichrecreation.com or 475-5400 for details.

SIDNEY READING SERIES - Writers Ronald Wright and Michael Elcock at Red Brick Cafe, 2423 Beacon Ave., Sidney, February 17, 7:30 p.m. and Music. Admission $5.00. Contact Christine Tanner 655-4447.

## FOR SALE

Bed dbl xlong, metal head/foot ends,cost $1000+, nice, 1yr 4m, sell $300. Pullout sofa/bed $75, 4chairs $5e, shelves$10, metal 2 draw. File cab $10. (250) 381 1225, Victoria -teruaki G.

# SAM & FUZZY

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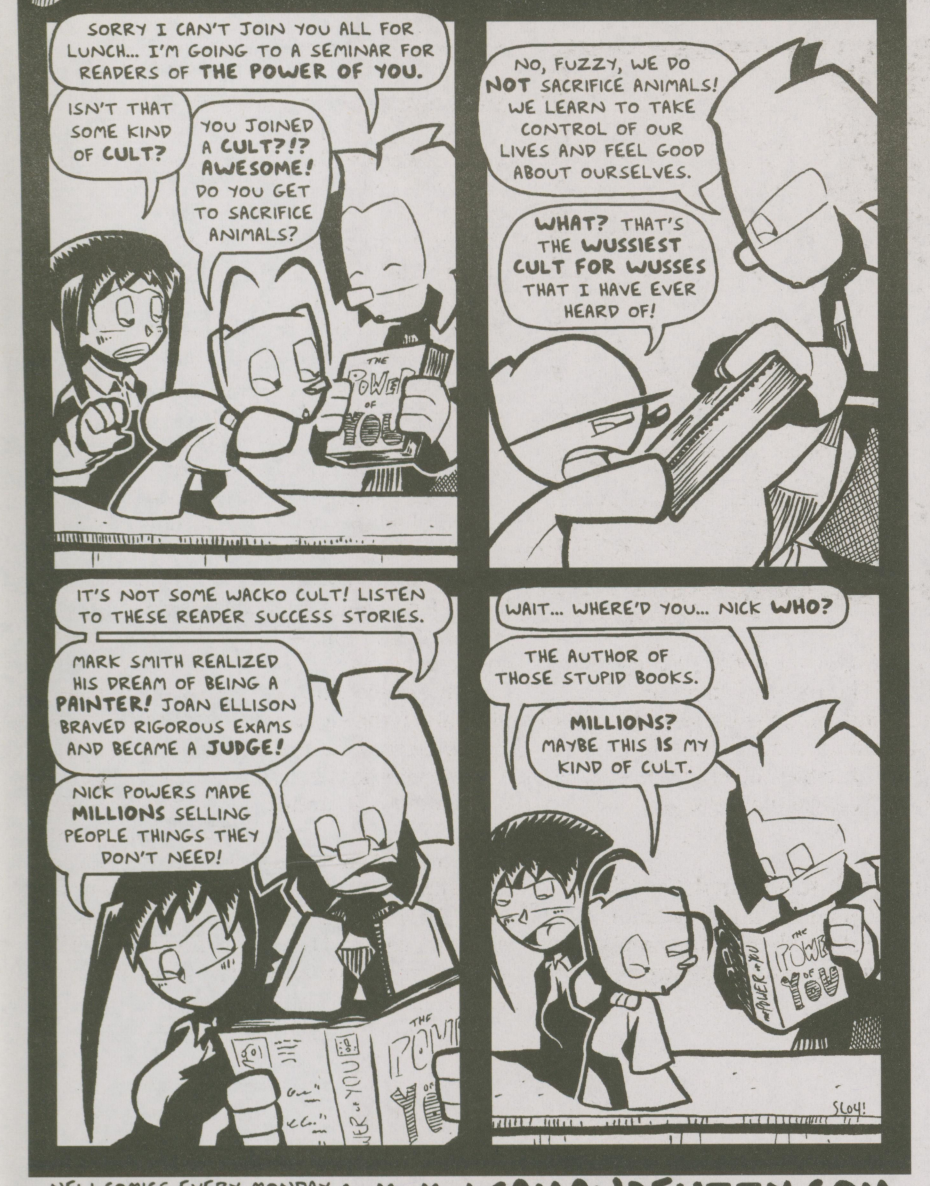
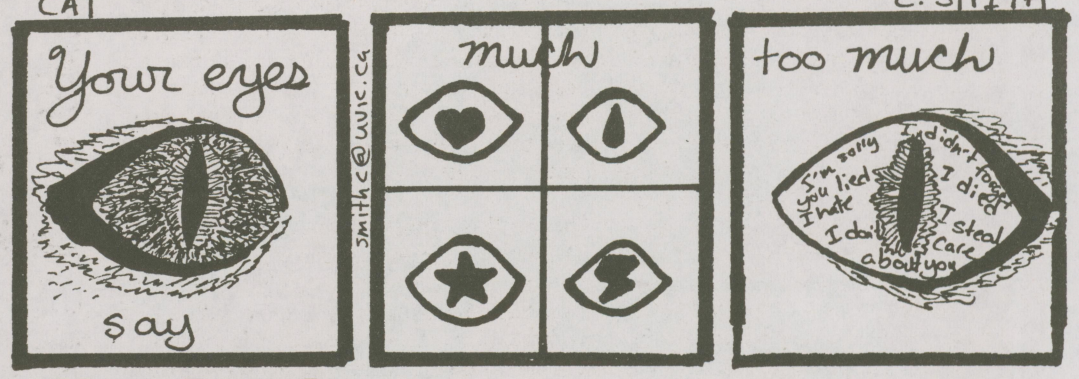



NEW COMICS EVERY MONDAY, WEDNESDAY AND FRIDAY AT: WWW.SAMANDFUZZY.COM

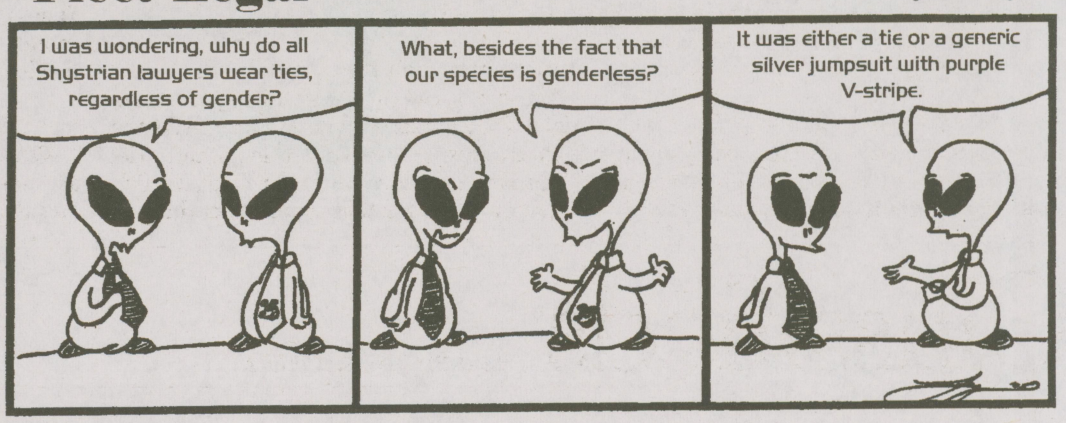
Bunnies by Lindsay Laltoo

CAT




# Fleet Legal

By Mark Loya

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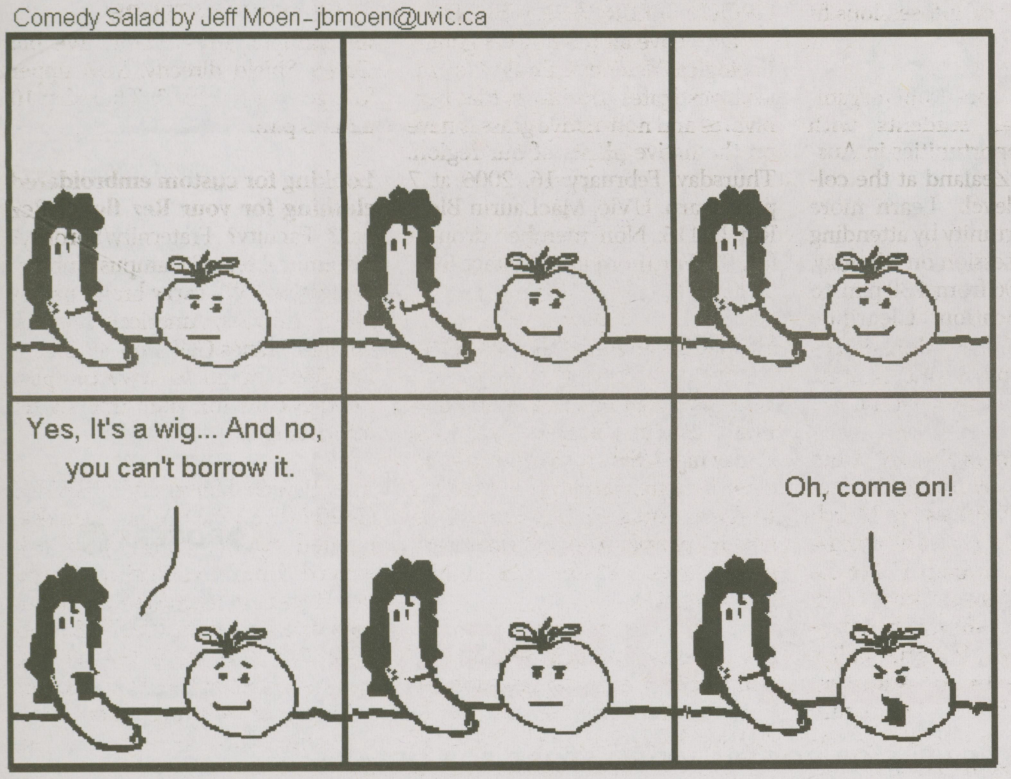
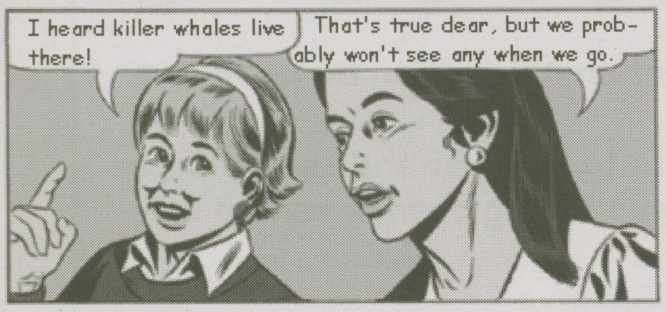
Comedy Salad by Jeff Moen - jbmoen@uvic.ca





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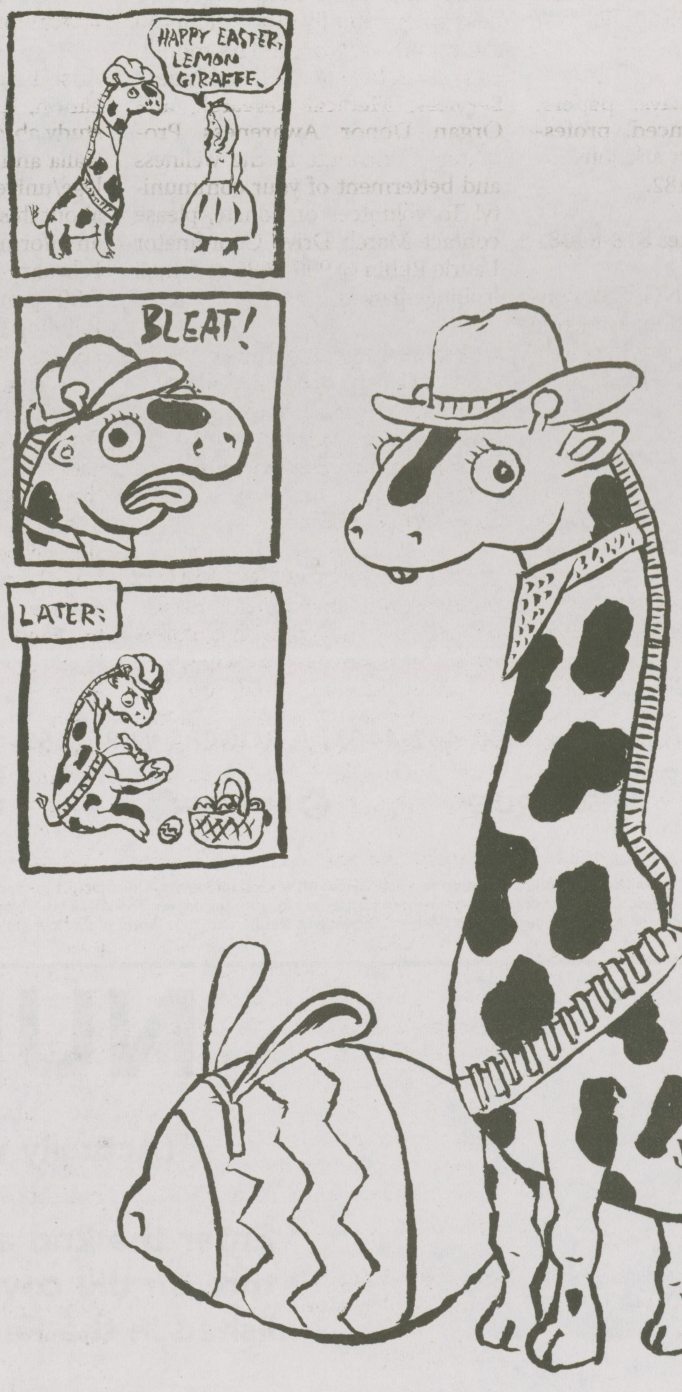


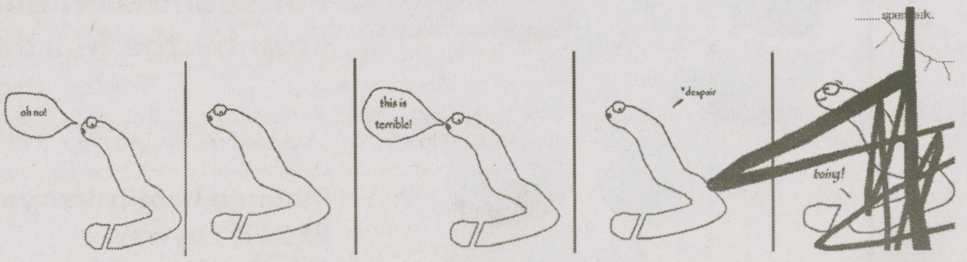

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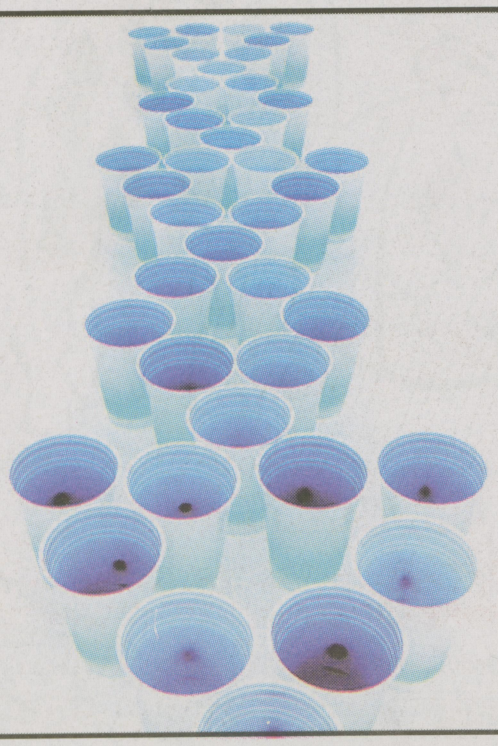

# NUDIE PHOTOS!!!

**(Actually we will accept photos of anything. Can be nudes.)**

**Enter the 2nd annual Martlet Cover Photo Contest and see your picture on the cover of the Martlet. Other winning entries will be published in the Features section.**

**For submission guidelines and photo tips, e-mail photo@martlet.ca or stop by the Martlet office in SUB B011.**

**Deadline: March 16, 9:00 a.m.**

**Pictured here is last year's winning photo by Catalin Faget. It wasn't nudie but we liked it anyway.**